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## Casco Bay Weekly : 20 March 2003

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MAR 20, '03

Henry Rollins  
speaks  
29

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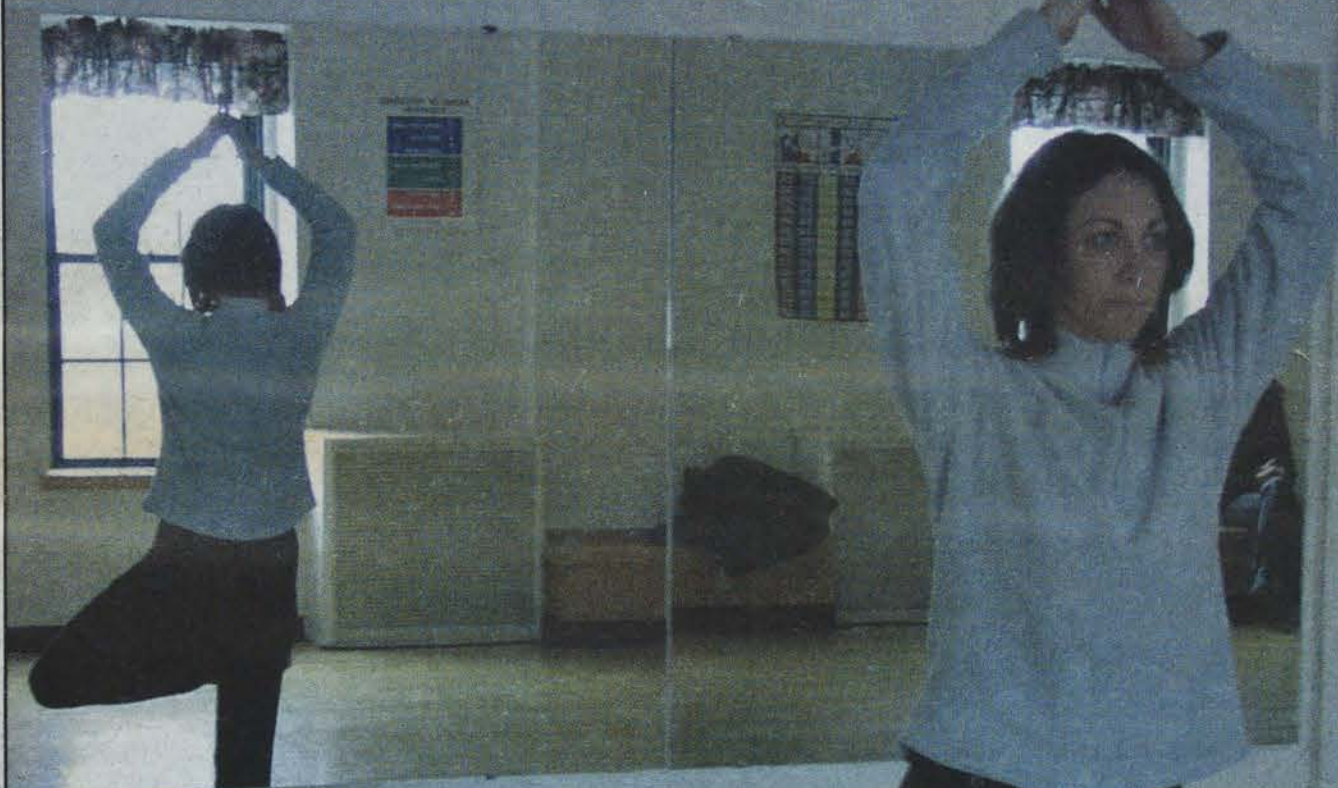
Volume XV #10

casco bay weekly

March 20, 2003

GREATER PORTLAND'S JOURNAL OF NEWS, ARTS & HAPPENINGS

# Mind, body, spirit



Isn't it time you shook your winter blues? In this issue, we cover the topics of fitness, health and general well-being. Get ready to get moving! See Page 8



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## 15 LOCAL VOICES: Parenting well

Tips for new moms and dads from Portland's Maternal Child Health Program



## 29 BOOKS: Eating well

Using colors to create a healthy diet

HEALTH & WELLNESS ISSUE



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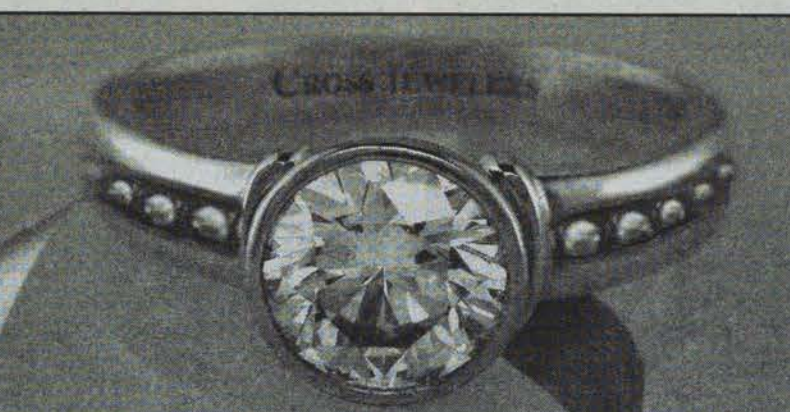
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# THE CORAL

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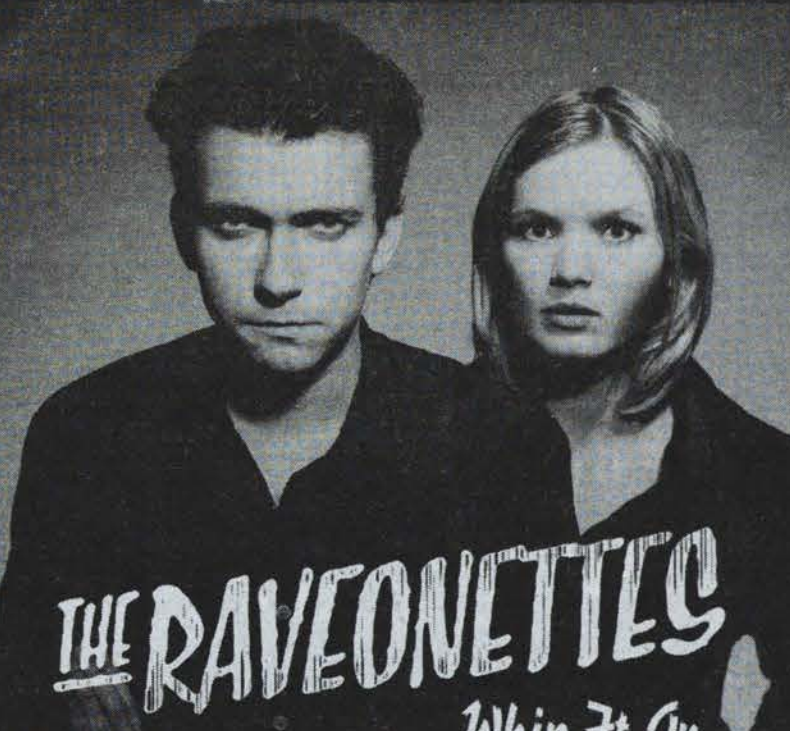


"More invention and imagination in this band's debut than in the lifeworks of many of their elders" - Q magazine

"Blessed with an eternal fountain of musical ideas" - New Musical Express

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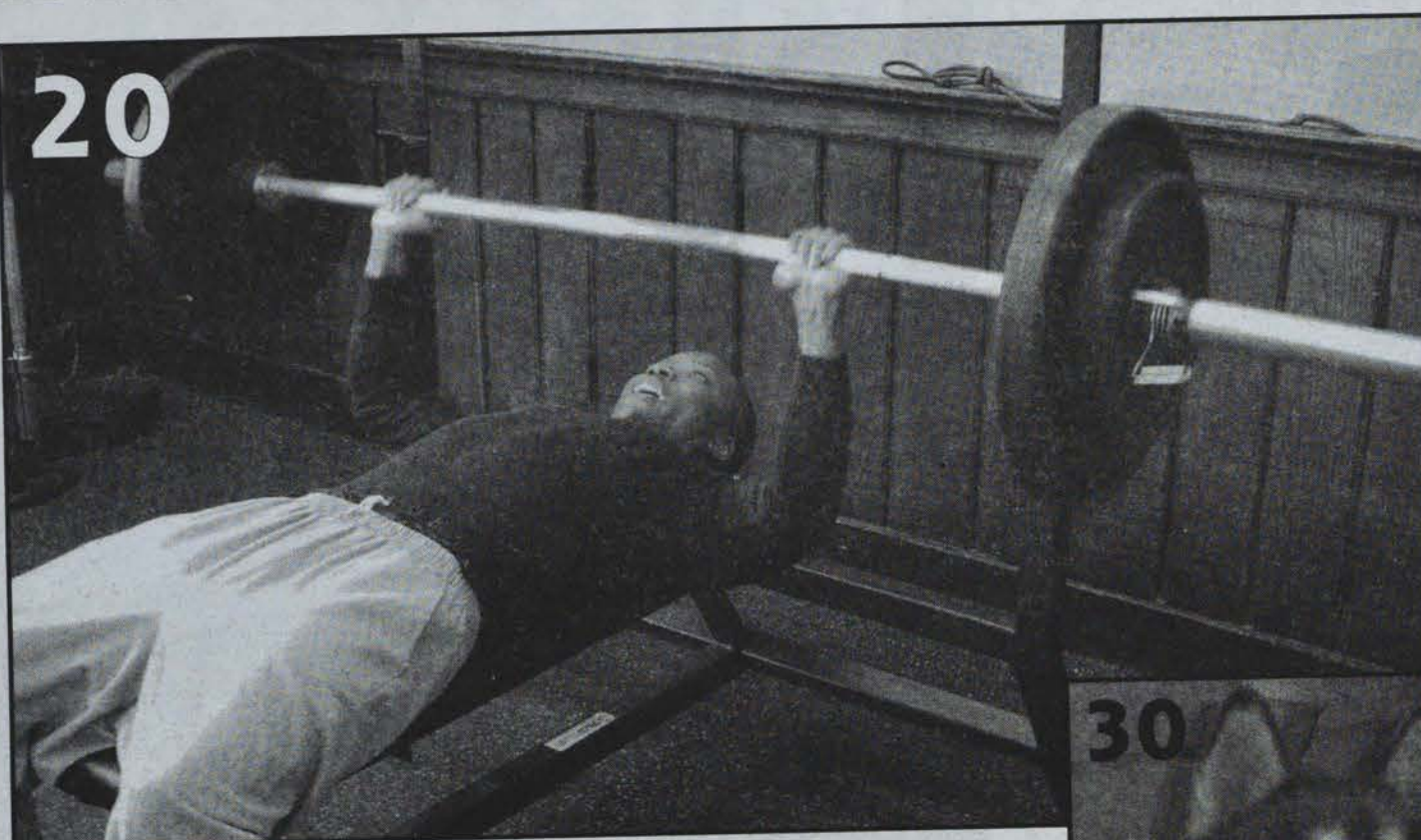
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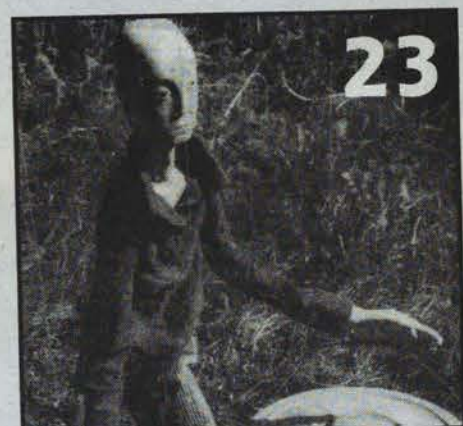
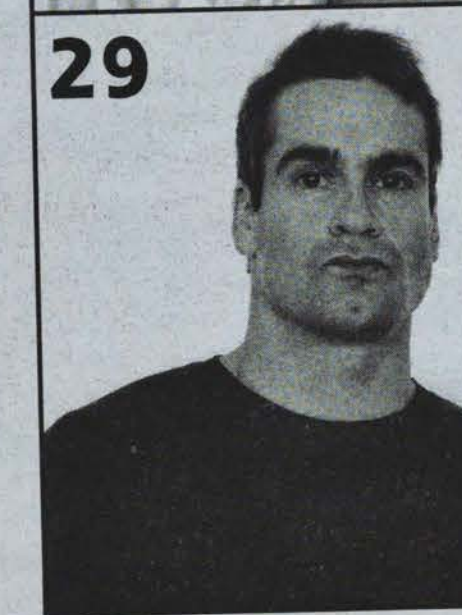
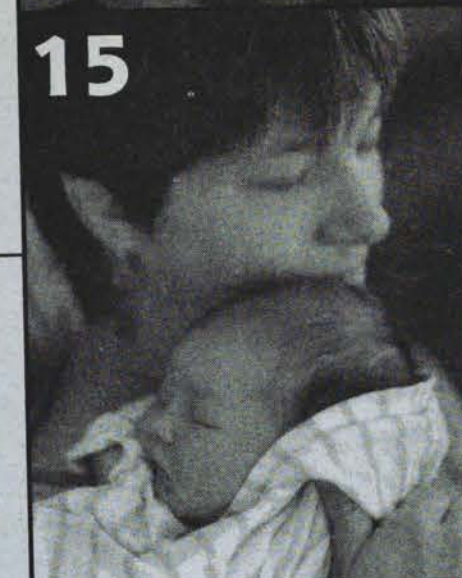
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Cover photo is of Danika, of Chakara Yoga, taken by Charlotte Smith

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# Special Advertising Opportunities

Reach your target audience by advertising your product or service in an issue of CBW featuring industry-specific content!

## Mar 27 Rites of Spring

Let's face it; shoveling snow is getting really old. On March 27, CBW will tell its readers everything they need to know about getting their nests ready for the long-awaited warmer months! If you're a contractor, interior decorator or handyman, you've got to be in this issue.

## Apr 03 Power of Communication

There are many methods of making our thoughts and feelings known to others. Dynamic public speakers and engaging writers are people most of us associate with the idea of effective communication. But there are other ways of conveying meaning, such as theatre, dance and the visual arts. In honor of Portland's Artwalk and to recognize our first full distribution partnership between Face Magazine, CBW celebrates various communication art forms.

## Apr 10 Gardening Issue

With springtime comes the realization that Mainers' thumbs are not actually blue, but green! We'll revel in the colors, smells and plain old hard work of gardening. Join us for this issue; we're sure it will change your definition of "vegetative state."

For more information, contact Roseann Mango-Morgenson at 775.6601 or email [cbw@maine.rr.com](mailto:cbw@maine.rr.com). Space is filling fast!

COMING

SOON:

# SMALL BUSINESS SPOTLIGHT

A new advertising section in *Casco Bay Weekly*!

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# community notices

## PORTLAND PUBLIC SCHOOLS LAUNCH WEBSITES

PORTLAND — All 17 of the Portland public schools now have their own websites with basic information such as school calendars, school lunch menus and library resources, thanks to a major initiative undertaken by the Portland Partnership and the district's technology team. The sites can be found by going to [www.portlandschools.org](http://www.portlandschools.org) and clicking on the "schools" section.

The Partnership worked with technology coordinators at each school to create the sites. Parent volunteers trained by the Partnership help to keep them updated. Schools continue to add more information to the sites and to improve them.

The websites vary widely, reflecting the personality of each school and the needs of the staff and students.

Portland High School's home page gives viewers an opportunity to choose English or other languages. The site includes a history of the school, lyrics to the Portland High school song, daily announcements, directions and the entire school handbook.

King Middle School's website showcases that school's learning expeditions — multidisciplinary projects that students work on for several weeks.

One expedition, "Vital Signs," focused on the quality of Portland's water supply and nonpoint pollution. The website includes student essays on the topic, photos from their fieldtrips, a public service announcement about nonpoint pollution created by students and resource links. There is even a contest challenging viewers to find five of 46 storm drains throughout Portland that were stenciled by King students.

Longfellow Elementary School posts the school newsletter on its website. The site also includes descriptions of clubs, a listing of staff and a preview of items in the school's annual fundraising auction.

## MASTER TEACHERS LEAD WORKSHOPS WITH MAINE PBS

LEWISTON — Maine PBS has announced the group of master teachers for the third annual National Teacher Training Institute (NTTI) that was held on Thursday, March 13 and Friday, March 14 at the University of Maine's Hutchinson Center in Belfast.

NTTI is an intensive, daylong training that helps Maine educators learn how to incorporate technology into their lesson plans. The locally recruited master teachers will instruct other educators on how to integrate video or Internet resources into lesson plans at the upcoming conference.

The Master teachers are all from Maine and bring a great wealth of knowledge to NTTI. Elizabeth Arno teaches art and divides her time between the Williams-Cone Elementary School in Topsham and the Hall-Dale Elementary School in Hallowell. Scott Bosworth

teaches seventh grade integrated career and computer technology at Skowhegan Area Middle School in Skowhegan. Linda Caron is a French, English and career education teacher at Ashland Community High School in Ashland. Assistant Principal Lois Cooper and Michael Garripey both teach fifth grade at Marcia Buker Elementary School in Richmond.

Susanne Gallant is a speech and language pathologist for kindergarten through fourth grade at Eddington Elementary School in Eddington. Maegan Haney is a computer technology teacher for kindergarten through fifth grade at Hermon Elementary School in Hermon. Luci Levesque is a biotechnology instructor at Capital Area Technical Center in Augusta. Irene Marchenay-Carson is a French teacher at Bonny Eagle High School in Standish. Linda Prescott teaches eighth grade science and writing lab at Auburn Middle School in Auburn. Steven Schulz is an English teacher at Sanford High School in Sanford. Jeff Smith is a seventh grade teacher of English/language arts and science, and is the drama club teacher/advisor at Lincoln Middle School in Portland.

This year's NTTI sessions were full, however, for more info on the master teachers and NTTI, please visit [www.mainepbs.org](http://www.mainepbs.org). NTTI is made possible in part by Thirteen/WNET New York, the Corporation for Public Broadcasting, MBNA Foundation, Cisco Systems Foundation and the GE Fund.

Maine Public Broadcasting is the largest member supported organization in Maine, providing public television and radio services to audiences in Maine, New Hampshire, and New Brunswick through Maine PBS and Maine Public Radio. MPBC attracts more than half a million viewers and listeners each week, and is the only informational, cultural and educational institution available to all Maine people every day. For more info visit [www.mpbc.org](http://www.mpbc.org).

## AMERICAN CANCER SOCIETY CALL FOR COSMETOLOGISTS

PORTLAND — The American Cancer Society is looking for licensed cosmetologists in the Greater Portland area who are interested in becoming trained volunteers for its "Look Good/Feel Better" program. Hair stylists, wig experts, and estheticians are invited to a free training session on Monday, April 7, at the Cancer Community Center in South Portland from 12:30 p.m. to 4:30 p.m.

"Look Good/Feel Better" is a free community-based, national service that helps women undergoing cancer treatment learn to cope with the appearance-related side effects of that treatment, and regain a sense of self-confidence and control over their lives. The program was founded and developed by the Cosmetology, Toiletry and Fragrance Association Foundation, a charitable organization sup-

Casco Bay Weekly welcomes your community notices. Please keep your thoughts to less than 300 words (longer submissions may be edited for space reasons), and include your address and daytime phone number. Send to Notices, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 or e-mail: [cbw@maine.rr.com](mailto:cbw@maine.rr.com)

ported by the cosmetic industry, in cooperation with the American Cancer Society and the National Cosmetology Association.

Volunteers and program participants do not promote any cosmetic line or manufacturer. All of the cosmetics in the complimentary kit have been donated or provided free of charge.

Certified volunteers can provide the "Look Good/Feel Better" program in several ways: as a group program at a local hospital, community center or beauty salon; in conjunction with other American Cancer Society patient programs such as "I Can Cope" and "Reach to Recovery" or as a free one-time consultation.

Interested licensed cosmetologists may call Cheryl Tucker at the American Cancer Society at 207.373.3709 or 800.464.3102, press 3, to register for this session or to receive more information.

The American Cancer Society is the nationwide, community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, education, advocacy and service.

## SUPPORT GROUP FOR PARENTS OF COLOR AND PARENTS WITH CHILDREN OF COLOR


PORTLAND — A facilitated support group offered in Portland will give parents a chance to network and give voice to their concerns regarding their children's educational, socio-cultural and emotional development.

Participants will learn about finding support and advocacy when they feel their concerns are not being met by educators and any other third parties involved in child rearing, as well as about methods to rule out the misdiagnosis of their children. Parents will also have the opportunity to share experiences. Guest speakers will also be part of the program.

For more information, contact Heidi Hart at Mainely Parents in Portland at 207-842-2984 or 1-800-249-5506. Evening space is available Monday, Tuesday or Wednesday at Mainely Parents. Refreshments will be provided.

## TRIBES AWARDED ATTORNEYS FEES AFTER JUDGE FINDS CASINOS NO! ATTEMPTED TO "DERAIL THE REF- ERENDA PROCESS"

ALFRED — Maine Superior Court Justice G. Arthur Brennan has ruled that Casinos No! must pay the Passamaquoddy Tribe, the Penobscot Nation and Think About It almost \$7,000.00 in attorneys fees for unlawfully trying to prevent the Tribes from collecting signatures for a state wide referendum on their



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### SUBMISSIONS


CBW is actively seeking submissions of all kinds from our community of readers. Photography, comics, articles, proposals and letters should be mailed to: Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 or e-mailed to [cbw-pub@maine.rr.com](mailto:cbw-pub@maine.rr.com)

### WHO WE ARE AND WHERE TO FIND US

Every Thursday 30,000 copies of CBW are distributed free throughout Greater Portland, at outlets from Brunswick to Windham to Biddeford and at selected York County locations. Casco Bay Weekly is also on the Web at [www.cascobayweekly.com](http://www.cascobayweekly.com)

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resort casino proposal.

"The award of attorneys fees sends a loud message that what Casinos No! did was unlawful and that such action will not be tolerated in our democracy" said Erin Lehane, spokesperson for Think About It. "It should also make municipalities think twice before responding to Casinos No! plea for public funds to oppose this major economic opportunity." The Tribes successfully collected the required number of signatures to place their proposal on the ballot despite the effort by Casinos No! to disrupt the process. For more information, please contact Erin Lehane at 773-7166 or 751-7612.

## INLAND FISHERIES AND WILDLIFE DEPARTMENT AND CONSERVATION PARTNERS PROTECT CASCO BAY NESTING ISLANDS

PORTLAND — Protected by the cooperative efforts of a unique array of federal, state, and private partners from Maine to Rhode Island. This week, ownership of Flag Island will be transferred to Maine Department of Inland Fisheries and Wildlife, the island will be permanently protected and managed as part of the state's Coast of Maine Wildlife Management Area. The Department will accept a conservation easement on nearby Upper Goose Island, a 142.8-acre island from the Nature Conservancy. "The Coast of Maine Wildlife Management Area currently protects more than 300 islands and ledges for their wildlife values, and Flag Island and Upper Goose Island will be exciting additions," commented Ken Elowe, Director of Resource Management for Maine Department of Inland Fisheries and Wildlife.

"Flag Island is one of Maine's premier coastal nesting islands for common eiders — from a national, statewide and Casco Bay perspective," said Brad Allen, Bird Group Leader for Maine Department of Inland Fisheries and Wildlife. With more than 600 pair of nesting common eiders, Flag Island ranks as the eighth highest value island for nesting eiders statewide. In addition, Flag Island is particularly significant for its high concentration of nesting eiders near the southern end of their range. Flag Island also supports other nesting birds, including gulls, great blue herons, and osprey.

"Federal and state agencies and non-government conservation partners have been instrumental in permanently protecting these islands," according to Jay Espy, President of Maine Coast Heritage Trust.

Maine Coast Heritage Trust played a pivotal role by pre-acquiring Flag Island when it was on the real estate market in 2001, in order to hold the property until conservation partners identified funding sources needed for final acquisition by the Department. In addition, The Nature Conservancy donated a conservation easement to the state on Upper Goose Island.

Additional funds from the North Cape Oil Spill Fund will be used to monitor and manage the nesting eiders on Flag Island.

## NOBEL PRIZE WINNER TO SPEAK AT BOWDOIN COLLEGE

BRUNSWICK — Nobel laureate Dr. Thomas R. Cech will speak at Bowdoin College at 7 p.m.,

Thursday, March 27, in Kresge Auditorium, Visual Arts Center. Cech, winner of the 1989 Nobel Prize in chemistry and president of the Howard Hughes Medical Institute, will give a talk titled "Where the Double Helix Ends: Telomeres and Telomerase." Telomeres are unique DNA structures at the end of strands. Telomerase replicates telomeres and ceases to be made after birth. Telomerase is also active in cancer cells. Cech's talk will address the questions: Are telomeres the yardstick that defines cell aging and death? Does telomerase control how cancer cells proliferate?

The lecture, presented by the Bowdoin College departments of chemistry and biochemistry, is free and open to the public. It is sponsored by the Coles Research Endowment in Chemistry and a gift by Steven Smith, Bowdoin class of '95. For more information call 725-3218. In addition to heading the Howard Hughes Medical Institute, Thomas Cech is an American Cancer Society Professor at the University of Colorado-Boulder and professor of biochemistry, biophysics, and genetics at the University of Colorado Health Sciences Center, Denver. Among the many honors he has received are the Lasker Award and the National Medal of Science. He earned his B.A. in chemistry from Grinnell College and his Ph.D. in chemistry from the University of California-Berkeley. His post-doctoral work in biology was conducted at the Massachusetts Institute of Technology.

## AMERICAN CANCER SOCIETY DAFFODILS ARRIVING SOON

PORTLAND — It's time once again to usher in the new season and bring hope to cancer patients and their families in the Greater Portland area by purchasing bright, beautiful daffodils. If you have forgotten to order your daffodils from the American Cancer Society in advance, that's not a problem. You may obtain a bouquet of ten fresh daffodils from March 26 through March 29 at all local Hannaford stores while supplies last. Bouquets are available for a \$6 donation.

"The American Cancer Society's Daffodil Days is a great way to welcome spring and to offer hope to people in the battle against cancer," said Donna Muto, regional executive of income development at the American Cancer Society. "People who make a donation for a bouquet of daffodils realize how important hope is in the hearts of cancer patients." Funds raised during Daffodil Days support the American Cancer Society's many programs and services such as Road to Recovery, Look Good/Feel Better, Reach to Recovery and Man to Man, its toll-free information line (800.ACS.2345) and web site ([www.cancer.org](http://www.cancer.org)). Your donation truly makes a difference. The American Cancer Society is the nationwide, community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, education, advocacy and service.

# your turn

## In Praise of the Cowboy

Thank you Andrew Bernstein. "In Defense of the Cowboy" was a breath of fresh air. I hope "Voices of Democracy" is a regular feature in the new CBW.

"In Defense" cut right through the smoke and mirrors of self-proclaimed "patriotic" protesters. Those who unknowingly repeat the propaganda of dictators and brainwashed murderers certainly won't bring us peace. Rather they would allow those who wish to destroy us the time to build their strength until it's too late.

I'll take the straight-shooting, imperfect, good-guy cowboy over the appeasing, see-no-evil gang any time.

John A. Dow  
Portland

## In Reply to Verdolini

In response to Jim Verdolini's paranoid ravings in the February 27 CBW ("Anti-War Protests Are Really Leftist Rallies"):

First, I would not refer to the February 15-16 global peace protests that number, according to CNN, nearly 10 million participants as being "little soirées." Due to word count limits, however, I cannot linger on some of your less pressing misconceptions.

You argue that "the war is just a pretext" to these "100% partisan political events." Are you actually implying that we all just want to get together and have a good protest, so it's a darn good thing an impending war is coming along? Or perhaps you merely argue that protests are political in nature, which could be of interest were it not so painfully obvious.

I happen to be a registered Independent, and yet I protest: not because a Republican is in charge, but because I abhor ending thousands of innocent lives purely for the pursuit of oil and globalization. My attitudes toward the president, strong as they be, are far outweighed by concerns that a war will forever undermine our European alliances, coalesce anti-American sentiment among Muslim nations, and cause unmitigated future terrorism within our own borders. And I also protested Clinton's bombing of Iraq, as well as his continuation of the sanctions that have murdered millions of Iraqis over the past decade yet have left Saddam Hussein unscathed.

Because I live in a democratic society, I believe I share responsibility for the policies of my country, and this sickens me. That is why I protest, that is why I write letters to my elected officials, and that is why I'm attempting to breakthrough your simplistic generalizations regarding anti-war sentiment.

Essentially, you need to understand the relationship between democracy and patri-

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otism. A patriot defends democratic ideals, which entails voicing your opinion when you fear that the country's being led astray. Protests, then, are tangible examples of this principle at work. Ironically, it's these same rights that systematically are being eliminated, ostensibly in defense of democracy.

Democracy is what allowed you to write your nonsensical letter, and is what allows me to argue that our administration's policies are not in the best interest of this country. Blind allegiance to U.S. policy simply because we are citizens is neither patriotic nor productive. It is precisely the opportunity to voice dissent and the ability to protest that are fundamentally the most basic — and essential — exercises of patriotism.

Brian Arundel  
Portland

## Give Peace A Chance

I do believe that Mr. Verdolini is correct in assuming that you would not get the same crowd of people at an event hosted by the Republican Party as you would attending peace demonstrations. However, instead of breaking the community down into groups, what these demonstrations do is bring people together as one. As we stand in solidarity at these demonstrations do you know what we are? We are anti-killing.

Slander? I do not believe in injuring another human being, and I sure as hell don't believe that killing people will bring peace. 911 was a horrific event that brought our country to it's knees and gave us just a taste of what other countries go through daily, and yes Mr. Verdolini our government contributes greatly towards the suffering of foreign nations. When CNN or MSNBC report that "two Americans were killed today," contrary to popular belief, those two weren't the only people killed on the planet that day. So we the people, the free people, are doing our part to say that we don't believe in killing. It's that simple. When you have a quiet moment in your busy day I ask of you the same question. All rhetoric and politics aside, do you think that killing is okay?

Lastly Mr. Verdolini, (can I call you Jim?) you failed to mention what you currently do to contribute to the well being of this country. I would actually love to come to an event of yours if you belong to some sort of group.

Perhaps you put films on or give lectures? If not, let me take this opportunity to refer you to the Activist Update that comes out monthly (donations and/or subscriptions are graciously accepted). It's a great resource if you want to get involved.

Jada Wilner  
Portland



## • HEALTH & WELLNESS •

# Mind, body and spirit

Isn't it time you shook your winter blues? In this issue, we cover the topics of fitness, health and general well-being. Get ready to get moving!

## Self-Healing Basics

Through this article I would like to explore some very basic methods that can be used to relieve tension, stress, and depression, as well as sharpen intuition, clear the mind, and increase energy. These methods can be used by anyone to help restore a general sense of well-being.

*As with all material of this nature, it is not intended to diagnose or cure any illness. Conditions requiring medical attention should be treated properly through conventional channels. Please use discretion.*

All beings require equality. There must be a balance between the spiritual, emotional, and physical being. When the balance is off, we are off. We feel the repercussions through physical pain, discomfort, anxiety, anger, and depression.

When we go to the doctor to seek pills for physical ailments, typically we are focusing treatment on the symptoms and not the underlying problem. Again, I am not discouraging anyone from going to the doctor, however most doctors would agree that a well-balanced person tends to be a healthier person. Nothing that improves the outlook and helps reduce stress can hurt you. There are various natural methods that can be used by anyone in even the busiest lifestyles to help restore a sense of balance. I will be touching on the basics of light meditation, visualization, affirmations and journaling.

### Meditation

There are many misconceptions about meditation. Many feel it takes a lot of time or that it is a serious religious practice. It definitely does not have to be and is one of the most powerful tools anyone can integrate into their lifestyles.

It takes a little effort, but the rewards are immeasurable. The truth is even a moment or two a couple of times a day will allow the mind a chance to regroup. This is particularly helpful for those who suffer from anxiety or problems with short-term memory.

Meditation is the practice of stilling the mind, and controlling where one's thoughts flow. Through doing this you can gain a bet-

ter perspective on situations in your life, as well as become clearer and more focused throughout your daily activities. There are dozens of other benefits to this practice as well, which I cover more in some of my classes.

For beginning meditations I recommend sitting in a comfortable position, in a location as free from outside noise as possible. Close the eyes and simply focus on clearing your mind of all conscious thought. If this is difficult you can repeat a word that makes you feel comfortable and at ease. My word is "repose." If you catch your mind starting to wander, gently pull it back to your word or to the stillness. When you first start, try doing this for only a minute or two, and then as you do it more you can increase the time. This helps to avoid frustration and will help you stick with it. If you are patient and persistent, you will find that the benefits are well worth the effort. Your mind will thank you for the break.

### Visualizations

All of us know how to daydream. The truth is, when you daydream, you are doing a visualization of sorts. You are removing the conscious mind from all the hustle and bustle of its thoughts and placing it somewhere else. In visualization exercises the purpose is to control where you put your thoughts. It can be used to aid in pain relief, depression, (I am seasonally depressed and use visualization therapy a lot to help me get through winter) and in anxiety reduction.

Bring into vision in your minds eye a place that relaxes you, a place that is all your own. It can be an actual place you have been to, or a place you create. This will be your sanctuary.

Picture the place in your mind. Now go deeper into the picture. What do you see? Look for the details of your special place. What is the temperature like? If you are

outside, how is the weather? What do you hear? What do you smell? Reach out and touch the ground or the floor, what does it feel like? Touch, hear, smell everything here.

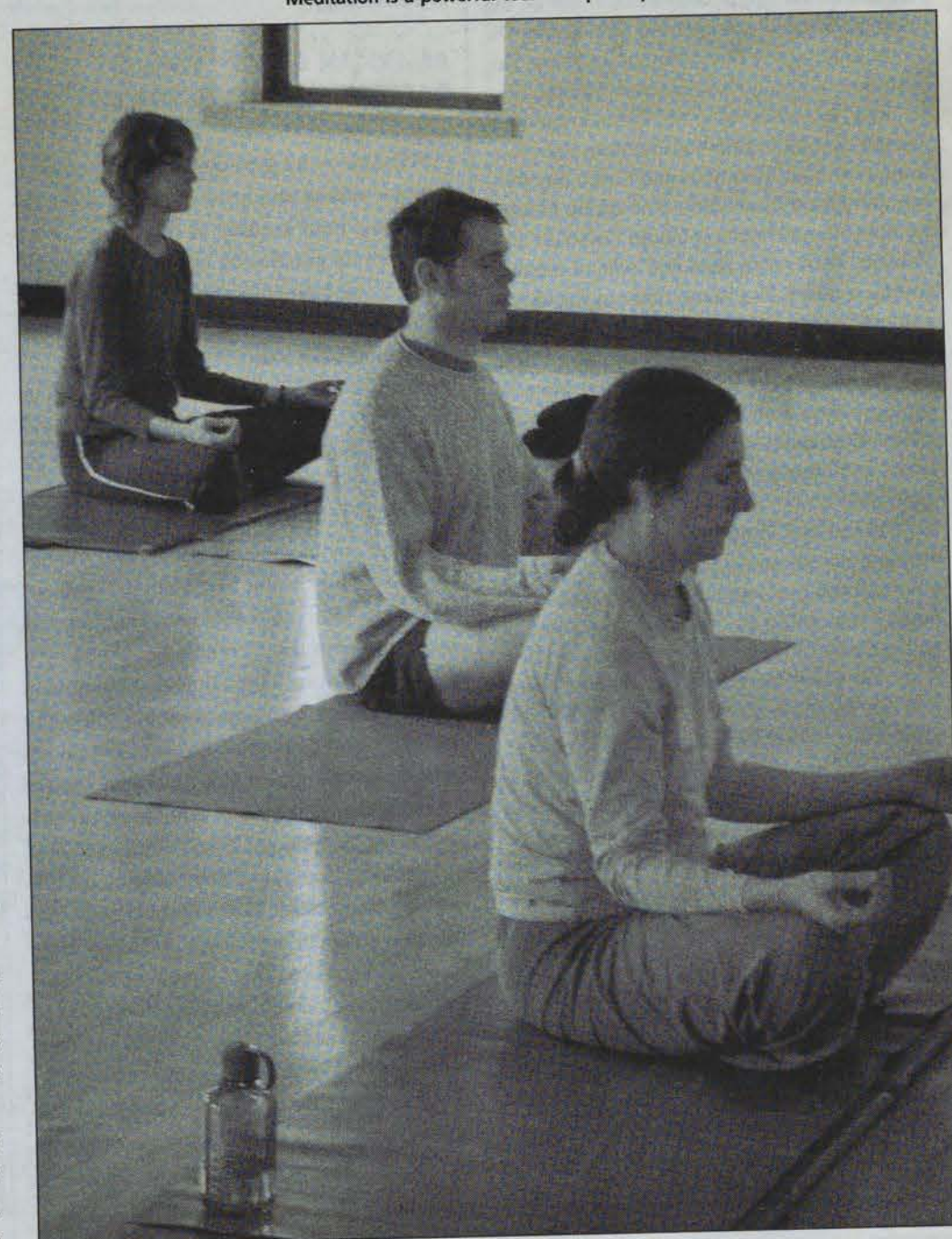
Spend a minute or two exploring your senses and familiarizing yourself with this special place. Really develop this place to the tiniest details. If it helps you, write a description of it. It is very important to bring it to life in your mind in a way you can always go back to it and see it in its fullest details and unique beauty. This place is the center of your soul, a sanctuary for you where you can relax and be free from everyday worries.

### Affirmations

Next, I would like to cover affirmations. Affirmations are brief, positive statements developed to help us to reprogram certain parts of our subconscious. We have all heard that inner critic kick in with, "You're not pretty enough, you're not smart enough," etc. This can be a very powerful voice and the more negative thoughts we have the more we feed it.

Many people are not aware of just how much negativity they consume, self-inflicted or otherwise. I recommend keeping a pen and paper close to you for one hour. During this hour be conscious of your

Meditation is a powerful tool to improve your health. PHOTO CHARLOTTE SMITH



thoughts, as well as external influences. For every negative statement you take in, make a mark on your paper. Once this exercise is finished multiply the number of marks on your page by at least 16, which will give you a small idea of the amount of negativity you are continually bombarded with.

One of the most powerful tools to use against this ingrained negativity is to reprogram our thought patterns. Our subconscious minds don't care what they are programmed with, negative or positive. When you hear something enough you start to believe it and those negative thoughts can become self-fulfilling prophecies. Our goal here is to fight fire with fire so to speak, and come back at the negatives with positives, almost like reprogramming a computer.

An affirmation should have the following qualities:

- Must be brief
- Must be concise
- Must not have the word "no" in it or any negative connotations
- Must be easy to remember
- Must be repeated

An example of a good affirmation would be, "I have all I need and I am thankful," or

"I love myself unconditionally." As a general rule I say to keep the same affirmation going for at least a week. Learn to say it with conviction. Pay attention to what you are saying every time you repeat it. When you have a few minutes to yourself go look in the mirror and say it to yourself and mean it! Yes, you will tell yourself you look silly, that's OK, do it anyway. The more you do the less silly you will feel and the more empowered you become. When we face ourselves we find our true strength!

### Journaling

I cannot say enough how much writing helps. There are many different ways to do this, and the best method is to find your own method—one that is comfortable to you, as this is a very intense, very personal experience. When you first start just write/type whatever comes into your head, no matter how silly it might seem. This is the key to unlock the floodgates. Gradually, as you get into it and time progresses you will open many doors of self-discovery, and through this begin to regain your balance.

To develop a habit of writing set up a 5-15 minute period in your day where you sit and write. You can make this a part of your nighttime ritual, or do it first thing in the



Visualize a place that relaxes you and hold that thought. ILLUSTRATION ART TODAY

morning when all is quiet.

With a little self-discipline and practice you can make yourself a happier more balanced person through just a few simple practices. I know from personal experience that taking time for the self is so vital to personal empowerment and wellness. It is easy to get so involved in our "roles" that we forget to remember our true Spirit. Take

some time for yourself and get to know your own best friend, he/she has been right there with you all along.

*Cristin Snyder is a Spiritual Guidance and Personal Empowerment coach who offers a wide variety of Spiritual and Personal Growth Resources through her website MysticalTreasures. Visit Cristin today at [www.mysticaltreasures.net](http://www.mysticaltreasures.net).*

## Selecting personal trainers ... What you need to know!

By Phil Beckett Copyright © Physique Concepts Inc.

If you've ever thought about hiring personal trainers for your fitness or health needs there is a lot that you should know and need to know.

Certified personal trainers are individuals who have the knowledge, educational training and capability to know how to design an exercise and nutritional program to fit your individual needs and wants.

Before you can decide between the many personal trainers available, you have to determine if this is something that's right for you in the first place.

### Here are some questions you should ask yourself:

- Are you uncertain how to operate all the equipment at a gym or with your home gym equipment or what equipment you should be using in the first place?
- Are you unsure if you are seeing any results?
- Has your progress come to a halt?
- Do you have difficulty going to a gym or exercising at home even just three or four times a week?
- Do you have difficulty motivating yourself during each exercise session?
- Do you feel a need for more guidance to get better results?
- Do you know where to start with your fitness program?

If you do feel that you aren't going to reach your specific fitness goals, aren't putting the maximum effort into your exercise sessions, you aren't getting the maximum results from them, or you answered yes to any of the above questions, you may need to sort through the thousands of personal trainers out there and find one that fits with your unique needs.

### What are personal trainers?

All personal trainers who are professionals must be certified by an accredited professional health and fitness organization. Personal trainers will differ in educational background, cost, personal philosophy training and consulting practices.

When you first meet with personal trainers, they will find out exactly what your goals are, then develop a program to help you achieve them. With the guidance from personal trainers you usually are able to achieve your results in a short time. With most personal trainers you can get the individual attention you need for the motivation, guidance and results you want.

Personal trainers don't just train movie stars and CEO's of large companies anymore. More people are working out with personal trainers now than ever before. And for good reason, since most personal trainers can make the difference between a great workout and no workout at all.

Good personal trainers are very affordable and can help you reach your goals regardless of what those goals may be.

### What's a training session like?

When you first begin, most personal trainers will go over your fitness and health goals with you in private.

### Some items of discussion may include:

- weight loss in general;
- body composition;
- cardiovascular conditioning;
- general body shaping and toning;
- muscular conditioning;
- lean muscle increase;
- health concerns;
- strength;
- injury prevention and rehabilitation;
- lower-back conditioning and strengthening;
- flexibility training;
- expectations, etc.

Your goals are different from anyone else's, so your exercise and nutrition program has to be individualized to your specific needs.

Most personal trainers can design a program that's just right for you for both long-term and short-term goals.

### Are there any benefits to hiring personal trainers?

The biggest benefit with personal trainers is motivation. You need more than just fancy looking exercise equipment to reach your health, fitness and weight loss goals. You have to be able to exercise consistently and make all of your exercise sessions worthwhile. Most personal trainers are able to help motivate you into sticking to your plan and keep you focused on your objective.

The expertise that personal trainers have permits him or her to customize and personalize an exercise program making it very specific to your goals, wants and needs. Personal trainers can also help to teach you correct form, which is critical for you to reach your goals and also reduce the chance of injury.

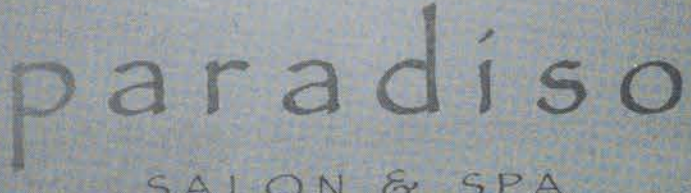
If you can't seem to find the time to exercise, most personal trainers can figure out a schedule that will work for you, and come up with ideas to help you eliminate any other difficulties that you may have.

*Phil Beckett is the author of The New Women's Guide to Successful Weight Loss & Fitness. He's helped thousands of women with their weight loss, health and fitness goals over the past fourteen years. Phil can be contacted on his website, [www.womens-health-fitness.com](http://www.womens-health-fitness.com).*


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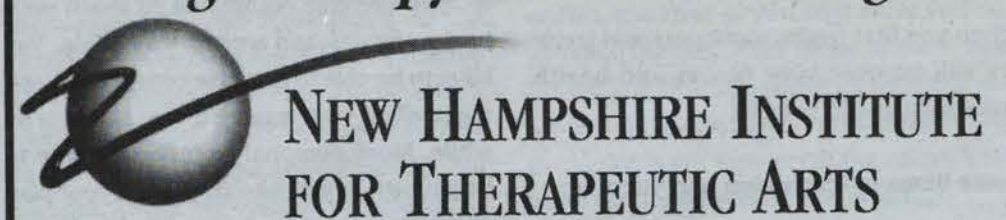
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Continued from page 9

## The Fine Art of Flying Solo: Ethical "Fitness"

By Cheryl Klein, M.Div.

Take stock of your life. If you don't like what you see, make a decision to change it. Find a person or plan to serve as your mentor or model, someone local or even beyond our "comfort" zone, for change. Exercise! Heal mind, body and spirit.

For most of us, this is the mantra chanted, literally or at least hopefully, as we work toward wellness at a difficult time in the life of our nation, and perhaps in our own individual lives. Our bodies may grow sleek but our minds may continue to be troubled. Whether we are looking at the possibility of war, or the reality of interpersonal conflict, most struggle on an everyday basis with ethical questions. What is the right thing to do? What does it mean to be "just"? Is it possible to become "ethically" fit?

Becoming ethically fit requires work—hard work. It means daring to think on our own, not just because the news tells us so, or Rush says it's true, or Bill O'Reilly takes a stand. If, for example, we oppose abortion on the grounds that taking a life is wrong, are we consistent in opposing the death penalty, physician-assisted suicide, or... war?

In times such as this, it may be helpful to seek help. One possibility can be found in the work of Augustine of Hippo. Augustine, baptized at the age of 33, ordained a priest at the age of 37, embarked upon his tome, *City of God* in the year 413. He completed writing this massive work some thirteen years later, at the age of 72. Not only did Augustine set out his theology, but he also expounded upon his perspective that inside of each of us there is an internal war. In order to face and resolve issues of conflict (internal and ...?), he asks us to consider six questions:

1. In pursuing war, is there more good to be done than harm?
2. Is the intention to re-establish order?
3. Have other possibilities been exhausted?
4. Is the war being waged by a lawful authority?
5. Is there a reasonable hope of success?
6. Are there restrictions on the means to be employed?

The study of ethics, long seen as a primarily philosophical debate, best left to scholars, has become increasingly more relevant in the everyday lives of our schools and businesses in recent years. As we seek increased physical wellness, many also seek to live their lives on a more consistent moral plane. We may choose to apply Augustine's "just war" theory to worldwide issues, or to child custody battles, issues of fairness at work or even in consumer difficulties. It gives us a place to hang our ethical hats.

Another possibility for flexing our ethical muscles comes from the work of modern-day ethicist, Rushworth Kidder. Writing in *How Good People Make Tough Choices*, Kidder, in Camden, Maine, leads readers through a decision-making framework. Kidder suggests basic paradigms for taking stock of how we make decisions:

short term vs. long term, justice vs. mercy, individual vs. community, truth vs. honesty. In addition, he proposes three principles: care-based (the "golden rule"), rule-based (grounded in laws or rules), ends-based (the greatest good for the greatest number).

Those who dare to flex their ethical muscles might begin slowly, a caution in any new exercise regime. Take ten minutes and list 5-7 principles by which you live; absolutes which you can apply to everyday situations... say, in deciding what to do when you know one friend is keeping a secret from another, a clerk gives you too much change at the store, you shop at an "honor system" farm stand. Choose Augustine or Kidder, or search for other models of ethical decision-making. Test them, when conflicts arise. Argue them, review them, and revise them again. Find an ethical framework and dance with it; get your heart pumping! Dare to work your ethical muscles, thinking through moral decisions



Cheryl Klein of Flying Solo. PHOTO JOSH McDUGALL

on your own, regardless of the stance of others. Whether you are for war, or against it, and whether the war is internal or beyond your door, dare to grapple with the issue yourself.

Take stock of your life. If you don't like what you see, make a decision to change it. Find a person or plan to serve as your mentor or model, someone local or even beyond our comfort zone, for change. Exercise! Create a more ethically fit YOU!

Cheryl Klein is a licensed pastoral counselor and professor of ethics at York County Technical College, Wells. She can be reached by email at [wellysolo@hotmail.com](mailto:wellysolo@hotmail.com) or by phone at (207) 892-7656.

Continued on page 12

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## Family fitness: resolve to get the whole family moving!

By Ann Douglas

You've bought your kids toboggans, hockey sticks, and cross-country skis. You've signed them up for indoor soccer, swimming lessons, and gymnastics classes. You've told them all about the benefits of physical fitness. In fact, you've done everything possible to encourage your kids to put down the TV remote and get physically active. Or have you?

Most fitness experts agree that there's a world of difference between telling kids about the benefits of being physically active and showing them that fitness is a priority in your own life. If you're not physically active yourself, your words are likely to lose their impact. Bottom line? You have to be prepared to walk the talk.

### Getting started

You don't have to sign your kids up for boot camp in order to do your parental duty, however. In fact, that's one sure way to doom your family fitness program to failure! A far better approach is to come up with a list of different fitness activities that your family could enjoy together and to find ways to work fitness into your schedules on a regular basis. (The experts agree that you should be exercising for a minimum of 20 minutes at a time at least three times each week.)

### Here are some tips on becoming a more active family:

**Make it fun.** As with anything else in life, variety is the key to making your family fitness program enjoyable. Exercising to the same Tae Bo tape day after day isn't likely to hold an eight year old's attention, but weekly trips to the local swimming pool, rollerblading arena, and indoor baseball diamond likely will.

**Head for the park.** What do you get when you combine a park and a van full of people? A terrific workout, that's what! Who says fitness has to be boring or super-serious? Throw around a frisbee (yes, even in January!). Play a game of tag. As long as you're moving your bodies vigorously enough to get your hearts beating faster, you're exercising.

**Join a club.** Think about joining a Volkssport club. Volkssport clubs are walking clubs designed to be enjoyed by people of all ages, explains Liz Neporent, co-author of *Fitness for Dummies*. "They are a great way to meet other families-something that adds to the fun of being active."

**Go for a walk indoors.** Don't skip your walk just because the weather's bad outside. Take your family fitness program indoors! You can either walk around your local mall or head for some spot that's a little more inspiring: even strolling through a museum can be a fitness activity, according to Neporent. It doesn't matter what you're doing while you're walking, as long as you're moving quickly enough to get some benefits out of your workout.

**Hit the pool.** Few exercises will give you as good a workout as swimming, and you don't just have to swim lengths. Jyl Steinback, author of *The Fat Free Cookbook From Around the World*, and the mother of two children (ages thirteen and five), says that water adds a dimension of fun to a workout that can't be found on dry land: "We play water volleyball, underwater tag, basketball, and we have swimming races."

While you may find it difficult to schedule time for family fitness initially, it won't be long before that Saturday morning trip to the swimming pool or that Tuesday evening walk around the block becomes second nature. And that, according to the experts, is when you'll really begin to reap the benefits of your family's commitment to healthier living, both body and soul.



### What makes for an ideal family fitness activity?

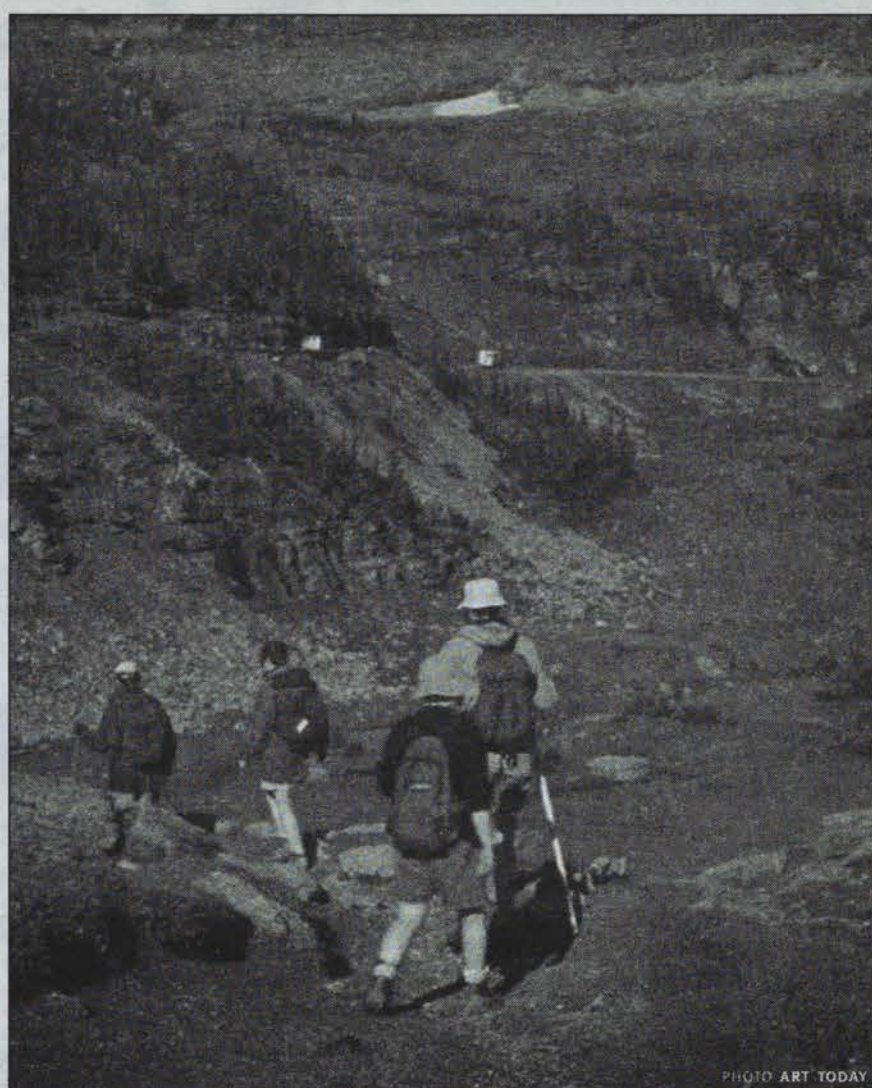
**An activity that will appeal to both children and adults:** Swimming, cross-country skiing, walking, biking, and rollerblading are activities that appeal to both young and old. They're a better bet than activities that are more suited to members of one age group, but not the other. Remember, the name of the game is to choose an activity that each member of the family can enjoy together, regardless of age, fitness level, or ability.

**An activity that's convenient to do:** The easier you make it for everyone to exercise, the more likely you are to make the effort. It's one thing to get a family membership at the swimming pool down the street; it's quite another to purchase one at the pool across town. Be honest with yourself: how often are you going to want to pile everyone into the van to make that trek to the pool? Probably not often enough to make that pool membership worthwhile.

**An activity that's budget-friendly:** There are already enough demands on your paycheck. Why put more pressure on your budget when there are so many inexpensive (even free!) ways to stay fit? That's not to say that you shouldn't be prepared to invest some money in your family's fitness activities. Just don't make the mistake of assuming that you have to spend a fortune in order to reap the benefits of physical fitness.

**An activity that can be enjoyed in a family-friendly environment:** There's no point purchasing a family membership at your local gym if children aren't particularly welcome there. Remember: there can be a world of difference between what the fitness facility's brochure says and how the staff members and other clients actually feel about having children at the gym.

Ann Douglas is the author of fourteen books including *The Mother of All Pregnancy Books: The All-Canadian Guide to Conception, Birth, and Everything In-Between* (CDG Books, 2000), *The Incredible Shrinking Woman: The Girlfriend's Guide to Losing Weight* (Prentice Hall Canada, 2000), and *Trying Again: A Guide to Pregnancy After Miscarriage, Stillbirth, and Infant Loss* (Taylor Publishing, 2000). Visit her website [www.incrediblyshrinkingwoman.com](http://www.incrediblyshrinkingwoman.com).



## The good news and bad news about self control

By Pauline Wallin, Ph.D.

There is a lot of talk about self-control at this time of year, but most people give up on their efforts after a couple of weeks (or in the case of some of my past attempts, "by lunchtime").

Changing habits, as you know, is not always easy. You can, however, maximize your success by knowing a bit about the psychology of self-control. There has been much research in this area, which I have summarized in my book, "Taming Your Inner Brat: A Guide for Transforming Self-Defeating Behavior." Here are some of the findings.

First the bad news:

### SELF-CONTROL WORKS LIKE A MUSCLE

It requires considerable effort, especially at first, which depletes you of energy to do other things. For example if you've just spent an hour lifting heavy weights at the gym, you won't have much energy left for moving furniture when you get home.

Similarly, if you've spent the day vigilantly controlling a bad habit such as smoking or overeating, you may have difficulty managing your temper later on. This is the reason why people tend to get crabby when they're trying to make a major behavioral change.

### CERTAIN CONDITIONS MAKE IT MORE DIFFICULT TO EXERCISE SELF-CONTROL

Some of these include fatigue, stress, situational cues and certain ways of thinking. If you are stressed or tired, you're already depleted of energy. You may not have enough energy left over to keep your "inner brat" from grabbing that cookie or cigarette, or from yelling at your kids. It's no surprise that most people go off their diets or get into heated arguments at night, when they're tired or stressed from the demands of their day.

But here's some good news:

### LIKE MUSCLE TRAINING, SELF-CONTROL TRAINING EVENTUALLY BECOMES EASIER

The more you exercise your muscles, the stronger they become, such that you can lift more weight with less effort. In the same way, the more you practice self-control, the easier it will become. This works for a variety of problems including bad habits, procrastination, hot temper and other problems that arise out of impulses. Keep in mind that practice has to be consistent in order to pay off.

### MUSCLE TRAINING AND SELF-CONTROL TRAINING BOTH REQUIRE PERIODS OF REST

Physical training experts say that the most effective way to increase your strength is to work the muscles only on alternating days, giving them time to rest in between. Self-control also needs rest, but obviously not on the same type of schedule. I'm not suggesting here that you smoke or drink on alternating days if you are trying to quit. However, it is important that you get enough rest in the form of sleep, recreation, or relaxation. This will help keep you mentally fresh and more able to sustain your resolve to change bad habits.

### PAYING CONSTANT ATTENTION TO THE HABIT YOU'RE TRYING TO CONTROL CAN ACTUALLY MAKE IT WORSE

You know that if you are trying to cut down on junk food, it's easier not to be around it, or if you have resolved to curb your spending, it's a good idea to stay out of the stores. OK, that takes care of situational temptation.

But it's also important to keep your mind off whatever you're trying to control. For example, if you keep thinking about a hot fudge sundae and about the fact that you're not going to have one, this only gives your inner brat more opportunity to try to convince you to give in.

The best way to get your mind off something is NOT to say to yourself, "I'm not going to think about XYZ," because this only makes you pay more attention to it. Better to distract yourself with something else to keep your mind busy. Eventually your inner brat will quiet down.

Pauline Wallin, Ph.D. is a psychologist in Camp Hill, PA, and author of *Taming Your Inner Brat: A Guide for Transforming Self-Defeating Behavior* (Beyond Words Publishing, 2001). Visit [www.innerbrat.com](http://www.innerbrat.com) for more information.



## Waist away, from A to Z!

By Kaliannah Shirah

Weight loss can be a challenge even to the most dedicated of individuals. Below are a few simple tips to keep in mind before, during and after your journey!

A	ACTIVITY - Get into the groove 30 minutes each day!	P	PRIDE in appearance. You look good, you feel good.
B	BREAKFAST is important. Fasting slows your metabolism.	Q	QUIT smoking! Causes shortness of breath.
C	COMPLEX carbohydrates aid in trimming fat.	R	REWARD YOURSELF with a new outfit for each size you lose!
D	DON'T PUT OFF losing til tomorrow, start TODAY!	S	STAY ON TRACK. Don't let others discourage you.
E	ENLIST a buddy. Give and receive encouragement!	T	TUMMY crunches can quickly flatten flab on your abs!
F	FAT FREE items should still be consumed in moderation.	U	UNDERSTAND a body needs exercise and proper nutrition.
G	GUESSTIMATE what weight will look/feel best on you.	V	VITALIZE your daily diet with vitamins & minerals.
H	HAND WEIGHTS are ideal for firming your upper arms.	W	WATER is a necessity. Add a lemon or lime for zing!
I	INCREASE muscle mass by exercising—Tae Bo anyone?	X	XTRA fruits and fat-free crackers are ALWAYS allowed.
J	JUMPING JACKS is a great and easy cardio workout.	Y	YEARN TO LOSE. Don't give up! You can do it!
K	KNOW what bad eating habits you have and change them.	Z	ZIP up that new SMALLER outfit!
L	LOG progress in a weight loss and/or fitness diary.		
M	MUSCLE MASS takes up less room than fat, so exercise!		
N	NO SNEAKING snacks (unless it's a fruit or veggie!)		
O	OBESITY is one of the leading causes of diabetes.		

Kali is a freelance writer for several on and offline publications. She specializes in work at home career guidance for women, weight loss and fitness. She also pens Christian romances, short stories and childrens books. Visit her website for free original e-books, etc! <http://www.kaliannah.com>.

## Portland gets moving with "March into May"

On March 10th, the City of Portland started getting spring off to a healthy start, with the help of a fun and growing ten-week physical activity program called March into May. The goal of MIM is to promote and encourage Maine citizens to become more physically active. Workplaces and schools in Portland, as well as Maine towns and cities from Berwick to Fort Kent will be kicking off MIM, a program where anyone can improve their health and have fun doing it.

The City of Portland will be one of many participating employers, with demonstrations and programs on nutrition, dance, and Tai Chi taking place from 11:00 a.m. to 2:00 p.m., at Merrill Rehearsal Hall on Monday, March 10. There are at least twelve teams representing the City including Public Works, Public Safety, Human Resources, Social Services and Public Health, among others. The City's MIM will adopt a rising thermometer theme, with teams advancing along with the hopeful warm temperature of spring.

Last December, the Surgeon General released a report on the American obesity problem stating that sixty-one percent of adults

and fourteen percent of American children are overweight or obese. One of his recommendations was to create more opportunities for physical activity. Although providing time to exercise at work, community organizations and school is a goal, MIM is not mandating it. What we are doing is helping to create an atmosphere where physical activity is encouraged and supported. After all, these are the places where people spend most of their time.

Benefits for people who are physically active are numerous. They manage stress better, sleep better and feel better. Exercising can also enhance self-image, prevent illness, manage weight and increase energy. For employers, work site health promotion and intervention are cost effective. Savings are related to increased productivity, decreased absenteeism, and lower health care costs. Community organizations can also benefit through increased morale and team building. Schools may find benefits associated with more attentive students and improved academic performance.

According to Jenn Gresley, MIM coordinator at UNUM Provident, "Anyone at any level

can increase their health and have fun doing it, and that's what this program is designed for." This year we have 68 organizations participating in MIM reaching over 6,000 men, women and children.

MIM Greater Portland is adapted from a program developed by the Centers for Disease Control and Prevention. Local program sponsors are: Aetna US Healthcare; Anthem Blue Cross & Blue Shield; Communities Promoting Health (PROPH); Governor's Council on Physical Fitness and Sports; Healthy Portland, Public Health Division, Health and Human Services Department, City of Portland; Portland Schools; Portland Trails; Unum Provident; USM Employee Wellness.

Funding is provided with tobacco settlement money from the Fund for a Healthy Maine, through the Partnership For A Tobacco-Free Maine, Bureau of Health, Department of Human Services.

If you would like more information, please contact Rick Fortier, Public Health Division, Health and Human Services Department, City of Portland, at 874-8618.



## property values

### Building Matters: Big Houses

By Clemmer Mayhew III

By the time George F. West built his mansion at 181 Western Promenade in 1911, most of the West End enclave that exists today had already been constructed. When the 12,000-sq. ft. house was completed, its Goliath-like stature made nearby properties look like cottages.

Almost a century later, the baronial West House is still known as the city's largest private residence. The palatial residence's massive proportions appear to outweigh its half-acre lot. Clearly, West positioned his twenty-four-room house on Portland's highest elevation not just to take advantage of the panoramic views of the Fore River and the distant White Mountains but to make certain every neighbor had a close-up view of his house.

Designed in the Colonial Revival style by local architect, Frederick A. Tompion (1857-1919), the house combined traditional colonial elements with monumental classicism. It was composed from "yellow" brick with a granite foundation and details. Four massive ionic columns support the more than two-story entrance portico. An artifact of the Gilded Age, the West House's grandiosity might have been more appropriate in Bar Harbor or Newport.

Today, big houses have become commonplace along Maine's coast and countryside. Woodlands and wildlife habitats have been developed into luxury subdivisions. Despite the efforts of countless conservation and preservation groups, their impact has been negligible in stopping the proliferation of big houses.

From Kittery Point to Freeport charming saltbox and cedar-shake beach houses have been torn down, often replaced with mansions that defy any particular architectural description. Mammoth houses are built on the order of resorts and office buildings. In Kennebunkport, the Shawmut Inn was razed to make room for one oceanfront mansion.

During the past decade the average house size has dramatically increased while lot dimensions have decreased. A new generation of colossal houses was hatched — full-sized estates crowded onto compact suburban lots. These tract mansions, known as McMansions or trophy houses, reflect the obsession with building to the limits rather than conserving space and maintaining architectural integrity.

Builders have always found loopholes to build bigger and taller structures, before and after New York's zoning laws in 1916 attempted to scale down the size of skyscrapers. Although local zoning laws were established to protect property owners from transgressions on their neighbor's quality of life, many building codes were based on minimum sq. ft. requirements without distinct maximum constraints.

Lately, officials have scrambled to put a ceiling on gigantism. Their opponents argue that the construction of big houses is a fundamental entitlement listed in The Bill of Rights. Further, they argue that restrictions impede their right to do what they wish with their property and actually put pressure on property owners to subdivide larger lots to maximize the returns on their investments.

The West House is located in the city's R4 residential district. According to Portland's current zoning code, a new West End single-family residence is permitted 30-percent lot coverage within a minimum 6,000-sq. ft. lot, subject to various setback requirements. A historic district overlay

protects existing residents from inappropriate new construction. Portland's R3 district permits single-family residences to occupy 20-percent lot coverage within a minimum 10,000-sq. ft. lot. The turf battles over mansionization have been as varied as their settings.

In Southampton, N.Y., a recently proposed 100,000-sq. ft. house caused a firestorm, where residents demanded the village limit the size of new construction. Under present codes, maximum house sizes are dictated only by lot coverage limits. On a one-acre lot, for example, a 20-percent limit allows a first floor area of 8,000 sq. ft., which, in a two-story house, adds up to a substantial 16,000 sq. ft. If Southampton approves the latest proposals, new houses would be capped at 5,000-sq. ft. on one-acre lots.

Outraged residents in Palm Beach, Fla., have proposed overlay zonings to safeguard their 10,000-sq. ft. mansions from the construction of new 25,000- to 50,000-sq. ft. megamansions.

The current Scarsdale, N.Y., building code restricts the floor area of houses to a percentage of the lot size. Under the Scarsdale law, homeowners are allowed extra floor area only if they build to the rear of the house, instead of



George F. West House, 181 Western Promenade, Portland.

PHOTO BY CLEMMER MAYHEW III

building to the limits of their side yards.

And, Glencoe, Ill., now mandates appropriate roof angles to ensure that nearby houses continue to get sunlight and air.

In the past, many of these elephantine buildings have either faced the wrecking ball or been horizontally and vertically subdivided, then recycled as institutional settings, bed-and-breakfast inns, apartments, or offices. Waterfront land values have spiraled to the level that in South Florida, a 24,000-sq. ft. oceanfront mansion built in 2001 was blown up as part of a movie filmed in 2002, allowing the lots to be further subdivided.

The history of architecture, as well as the historic preservation movement, have regularly focused on larger-than-life public places and private palaces rather than everyday landmarks — the bungalows and cottages, the ranch houses and split levels — that contribute to our shared community experience. These humble houses are routinely scrapped, worthless reminders of a time when human scale was the primary standard rather than the exception.

Two hundred years ago when Thomas Jefferson built his 12,000-sq. ft. residence, Monticello, he sited it on 8,000 acres, unlike George F. West, whose mansion forever eclipsed the architectural eloquence of the Western Promenade.

### Home Economics: Hybrid Cars

By Wil Dunlay

The good news is I have a regular job again. The bad news is that it will require driving into that eternal traffic jam called Boston. But the job comes with a company car and since energy efficiency is my business, I thought it would be hypocritical to drive a gas guzzler. Luckily, Honda has just come out with the hybrid version of the honorable Civic, which brings hybrid technology into the mainstream for the first time.

No doubt about it, in the arms race that causes folks to sell their first born in order to buy barely civilian Humvees (gun turret is optional), and drive 7,400 pound Ford Excursions to the corner store for 20 pounds of groceries, hybrid cars are definite losers. But if you don't feel the need to intimidate your fellow drivers and you value efficiency, then maybe a hybrid is for you. (When will we realize that competitiveness is NOT one of the higher virtues and certainly has no place on our highways).

So many people have asked me if I have to plug my hybrid into an electrical socket, it's clear that the technology is not well understood. To remedy that, a short explanation is in order.

The hybrid combines a conventional gasoline engine with an direct-current (DC) electrical motor. The DC motor and the gas engine operate simultaneously to propel the car down the road. The electricity for the DC motor comes from a Nickel Metal Hydride battery pack.

Why is this an efficient arrangement? The explanation lies in the inherent inefficiency of the conventional vehicle. While it takes a great deal of horsepower to accelerate quickly, it takes relatively little power to cruise at a constant speed. Many of today's cars come with more than 200 horsepower even though it takes less than 20 horsepower to cruise at highway speeds.

The problem is that most of the fuel energy that goes into an engine doesn't come out as useful power. As much as 90% of the energy in the gasoline is lost to internal friction and heat. Logically enough, a big engine has more of these losses than a little engine.

But Americans are demanding more performance than ever and manufacturers are responding with bigger engines. That's why the average fuel economy for new cars is the lowest that it has been in 20 years.

So a little engine yields good gas mileage but poor performance. A big engine will smoke the tires but consumes a lot of fuel. What to do? The hybrid solves this riddle by using a small gas engine and an electrical motor in tandem. The electric motor provides a burst of power for quick acceleration. Then the motor converts to a generator and recharges the battery pack.

The hybrid also captures the energy normally lost during braking by redirecting that energy to the battery pack. And hybrids don't waste fuel idling. The gasoline engine turns off when you stop at a light and restarts instantly when it's time to go again.

So, the answer is no, you never plug a hybrid into anything. You just fill it with gasoline and drive it like any other car.

Presently there are only three Hybrids on the market. The Honda Insight gets 68 mpg and is quite sporty but is very small. Some would say that it's painfully ugly. You may have noticed the occasional charreusse model driven by a very sincere environmentalist.

The Toyota Prius looks like the conventional Toyota Echo, but you can't help but notice that this is not a regular car. When I took a test ride, the electric motor took us several hundred feet before the gas engine even bothered to start. That was a strange experience. Even stranger are the graphics that come up on the rather large LCD display. These tell you what the electrons are doing at any given time but if you're watching these theatrics, then you and this high tech car are headed for a decidedly low tech accident.

Honda got hybrid technology just right in the Civic. Other than a few extra gauges on the dash, you would be hard pressed to notice that this isn't the conventional Civic. It costs \$2000 more than its standard brother but will save at least that much in fuel over the first 100,000 miles, plus you get a break on the state sales tax and a \$2000 deduction on your federal income tax. Shop around, I paid \$17,700 in New Hampshire but some dealers are charging a premium.

Here's a thought. Let's say that you commute 25,000 miles a year in an SUV that gets 15 mpg. You could buy the Hybrid Civic, use it to commute instead of the SUV, and save roughly \$2000. That goes a long way towards covering the loan payment on the Civic. Then you have two cars for the price of one!

Due in 2005 are hybrid versions of the Explorer and Suburban. If the technology performs well and pays for itself, then why not buy one? Why not, indeed. I'm driving the Civic Hybrid, getting 50 mpg, and loving it.

William Dunlay can be reached via email at wdunlay@go.com.

## local voices

by Lynn Holladay

### Support for New Parents

"Making the decision to have a child — it's momentous. It is to decide forever to have your heart go walking around outside your body."

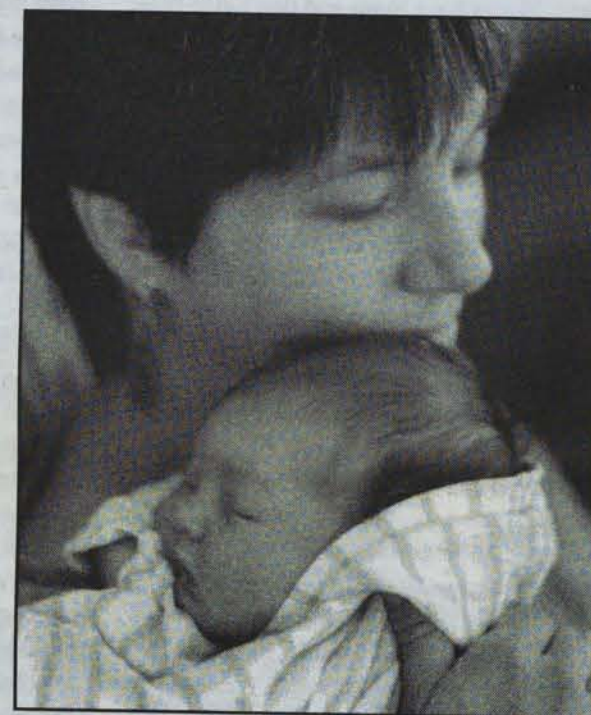
Elizabeth Stone

Portland families have access to many great resources in the city. The Public Health Division of the Health and Human Services Department provides one of the lesser-known ones. Any pregnant woman or family with a newborn or young child is eligible for free home visits from a registered nurse, regardless of income. Nurses provide support throughout pregnancy as well as education about healthy eating and lifestyle, fetal development, preparation for labor and delivery and more. They can also help parents learn what to expect the first days home with a new baby. Often times preparation ends with delivery—planning for coming home can make the transition much easier. After the birth nurses can provide home visits for infant weight checks, support for breastfeeding, information about infant care and safety, development and other parenting issues. One of the nurses is an infant massage instructor and offers infant massage instruction in the home. Nurses can help new mothers care for themselves and know what to expect as they recover and take on a new role.

Having a new baby is the biggest change in lifestyle most of us will ever face. It comes with huge rewards and huge challenges. The nurses offer support as new parents explore their new roles and deal with the stress of such a wonderful change in lifestyle. The Public Health Nurses are able to follow families for the first several years of the child's life if families are interested. They can offer information about developmental milestones, continuing to breastfeed, introducing new foods, immunizations, childproofing and ongoing parenting concerns. They are aware of many community resources that can also help young families. Many clients have reported feeling reassured, less nervous and more comfortable caring for their baby.

The Maternal and Child Health Nurses also offer play groups to help new parents and children meet each other. There are three different groups for three different age groups. One group is for 0-12 months. One for 1-3 year olds and one for 0-5 year olds. All playgroups are free, open to the public and drop in. They are held at the

Cumming's Center at 134 Congress St. in Portland on Tuesdays. A story time is held every Thursday at the Cumming's Center for 0-5 year olds to promote early literacy and encourage children to have fun with books. CPR and First Aid classes are also offered on an ongoing basis. Both classes are geared towards the needs of parents and what they need to know to keep their children safe.



Parenthood is a demanding and wonderful experience. Don't be afraid to ask for help.

PHOTO COURTESY OF ARTTODAY

Public Health also offers a Lead Safe Housing Program to help families identify lead hazards in their homes and help them keep their homes safe. A carseat program is also offered by the Public Health Division. Families can get information about the appropriate car seat for their child (if income eligible) they can obtain a free car seat.

Families do not need a referral to receive service. They can call 874-8475 to arrange an appointment, or to get more information on any of the services offered by the Maternal and Child Health Program.

It's been said, "I was the best parent in the world until I had a child." It is impossible to be completely prepared for joys and challenges of parenting. It is impossible to imagine how one can love a new little person so much or how exhausting caring for a new little person can be. Support and education can make a world of difference.

Lynn Holladay is the Program Director of the Maternal Child Health Program for the City of Portland's Public Health Division.



Ad Club of Maine  
www.maineadclub.com

Coming Events:

April 9:

The Ad Club of Maine Professional Development Seminar Series will address the topic of Strategic Pro Bono. A panel of advertising executives from the area will talk about learning how to establish pro bono relationships that are equally beneficial to all parties involved. Rather than simply donating time or money and asking for nothing in return, attendees will learn how to use these relationships to help grow their business.

The seminar will run from 5:30 - 7:30 pm at Southern Maine Technical College in South Portland. Cost is \$10 for members, \$15 for non-members. For reservations, please call Meghan Casey at 829-2096 or email at mcasey@maine.rr.com.

*When Maine Medical Center was named one of the top 100 hospitals in the nation, We did more than congratulate them.*

After studying over 6,000 hospitals for patient outcomes, cost-effectiveness, and productivity, the health-care information company, Solucore, named Maine Medical Center one of America's top 100 hospitals.



*We thanked them.*

It's a comfort to all Maine families that when care is needed, the best in the nation is available in our own backyard.

As we pause and reflect on our good fortune to have Maine Medical Center here, we appreciate, too, that Portland is blessed with many excellent medical caregivers, facilities, and institutions.

It's one of the things that makes our community great.

And having such ready access to top flight medical services right here in Portland is also vital to our business climate and regional economy.

So while Maine Medical Center takes great care of Maine people, we also know they're taking care of business.



Made for by select members of the Chamber of Commerce on behalf of our community.



## by Roy Allen

*From Where I Sit* is a regularly appearing column intended to represent the diverse voices and experiences within our community. Submissions are the views of our contributors and do not necessarily represent those of CBW. If you would like to comment on these thoughts, or have thoughts on any other topic, drop us a line at [cbwpub@maine.rr.com](mailto:cbwpub@maine.rr.com) or mail it to *From Where I Sit*, Publisher, CBW, 11 Forest Avenue, Portland, Maine 04101.

Americans today live in a great period of opportunity. While we are certainly confronted with challenges which will continue to appear each day we are on the planet, we are also more blessed now than at any other time in our history—a time to celebrate the good things in life. Living a balanced life brings more balance to the planet and more health to you, me and everyone else. Take a look at what takes up your life. Is it where you want to be? If not, take action and change direction. I am getting to know better what makes me tick. How about you? Do you know?

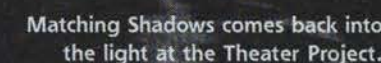
by Dan Glanz

France, and Germany, and Russia ... our 'friends!' We have pulled their tails out of the

## BY FRANK WICKS

*Matching Shadows* has been in rehearsal for nine months. Miller says, "During this gestation period the actors were a great boon to me. It's been a true collaborative effort. We have good discussions about the script — it's particularly timely right now — and the actors are open to all the changes. It's great to have the time to write and think and rewrite. But I think I drive them a little

*Frank Wicks has also written a play, Soldier, Come Home, based on family civil war letters, which is currently touring Maine.*



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# Good news

## The Brunswick-Trinidad Sister City Association

Contributed by Pilar Tirado

The Brunswick-Trinidad Sister City Association will be holding a week long celebration to celebrate the official union between Brunswick, Maine and the city of Trinidad in Cuba. The BTSCA was formed as the Brunswick Area Cuba Sister City Association in January 2000. Members of the organization come from Brunswick and surrounding communities such as Bath and Topsham.

The concept of sister cities comes from the tradition created by Dwight Eisenhower in the 1950's. In his own words, "The Sister City Program is an important resource to the negotiations of government in letting people themselves give expression to their common desire for friendship, good will and cooperation for a better world for all."

In May 2000 a delegation made a trip to Cuba to seek particular sister city possibilities and identified the city of Trinidad, in the province of Sancti Spiritus, as an ideal choice based on mutual interest and historical ties with the Brunswick area. The municipality of Trinidad, which includes the town of Trinidad and other population centers, has about 67,000 inhabitants. It is unique in Cuba in that its historical integrity is protected by its designation as a national monument which makes it virtually free of concessions, souvenir shops and billboards.

At first, one might wonder what similarities there can be between Brunswick and Trinidad, but there are many geographical, historical, economic, social, and religious connections. To name just a few, both are coastal communities with shrimp and lobster fisheries contributing to the local economies, both have a thriving tourism industry, both are near beaches, forests and mountains, and both have a strong sense of their history including a significant involvement with regard to slavery. The historical ties date from as far back as the commercial culture of the 18th and 19th centuries. For example, cobblestones paving the streets of Trinidad today came from Maine as ship's ballast when there was an active trade in raw sugar, molasses, and rum from Cuba for wood products, potatoes, and ice from Maine. As we learn more about our respective sister cities, additional ties continually reveal themselves in performing arts, sports, education, sustainable farming practices, archeology, nature and historical preservation.

The first three years of hard work by this non-profit association has come to fruition in early March 2003 with the sending of a delegation including Brunswick town councilors Jacqueline Sartoris and Forrest Lowe to Cuba for a signing ceremony to make the bond between the citizens of Brunswick and Trinidad official. With the relationship formalized, the future is open with incredible possibilities for the people of the Brunswick Trinidad areas to exchange ideas, information, and culture and so to learn from each other. Its important to note that this union was reached without the use of taxpayer or government-funded money. The association aims to accomplish cultural exchange with Trinidad through the promotion of creative and constructive non-political interactions with the people of Trinidad with the hope that by experiencing their culture and sharing ours, we can recognize and appreciate both the differences and similarities in our two cultures.

### Members of the delegation

Susan Chadima is a Topsham veterinarian with two children at Mt. Ararat High School. She has traveled and worked with rural health care organizations on a short term basis in Honduras and El Salvador and is locally active in Brunswick Rotary

and First Parish Church (chair of the current restoration project). Her state and national involvements are with Maine Board of Veterinary Medicine and American Association of Veterinary State Boards. Chadima is interested in the political, social and cultural aspects of Cuba - particularly some of the successes Cuba has had in their education and health care programs. She has the personal conviction that building personal relationships - person to person and city to city is the first step in creating successful diplomatic relationships.

Forrest Lowe has served five years on the Brunswick Town Council, three years as vice-chair. Professionally he is Purchasing Manager for L.L.Bean. Forrest went to Cuba to formalize the sister city relationship with Trinidad as Vice-Chair of the Brunswick Town Council also very interested in any aspect of global cultural exchange on a person-to-person basis as he feels that kind of direct contact with people from other countries, regions and cultures furthers greater understanding and insight about how we can all best live together harmoniously in our very complex world.

Tina L. Phillips is a physical therapist at Mid Coast Hospital. She is also president and one of the founding members of BTSCA. Her interest in the sister city association centers around cultural and medical exchanges between Trinidad and Brunswick.

Jackie Sartoris is a Town Councilor for Brunswick, currently serving her second term. She is employed part-time as a Senior Planner at the Maine State Planning Office, and full time as the mother of two children, ages seven and five.

Ms. Sartoris strongly supported Brunswick's decision to enter into the sister city relationship with Trinidad, Cuba, and is particularly interested in fostering educational and cultural exchange for Brunswick's school children.

Eugenia Wheelwright is a Board member of BTSCA, and professionally a Spanish teacher. She is interested in making contacts with members of cultural organizations and institutions in Trinidad so that we may have a meaningful and rich ongoing cultural exchange.

Janet Wilk is a retired educator who taught family and consumer sciences, health, and African Studies at Mt Ararat H.S. for 15 years. She has authored a Chinese cookbook and a children's cookbook and is hoping to explore cultural influences in food production and cooking methods while in Cuba. She completely supports sister-city programs because they help promote understanding of cultures on a grassroots level and can offer opportunities for exchanges of individuals and ideas. Wilk is particularly interested in many cultural aspects of Trinidad. As the President of the Pejepscot Historical Society she hopes to make contacts in Trinidad with museums to explore a common project. She also has a love of Cuban music and dance and is looking forward to hearing the local bands and music styles of the region.

**At first, one might wonder what similarities there can be between Brunswick and Trinidad, but there are many geographical, historical, economic, social, and religious connections.**



For more information about the Brunswick-Trinidad Sister City Association contact either Tina Phillips at 729-4930 or Ruth Johnson at 666-3842 or visit the nascent website at [www.curtislibrary.com/btsca](http://www.curtislibrary.com/btsca).

### Schedule for Brunswick-Trinidad Sister City Celebration Events/Programs in Brunswick, ME during the Week of March 22-31, 2003

#### During the Week:

#### Wednesday, March 26 through Saturday, March 29

- Henry & Marty's Restaurant on Maine Street will offer a complete menu of authentic Cuban foods. They now seat 70, but we urge you to make reservations in advance. This is a repeat of what was a very popular event last year. Call them at 721-9141.
- Wild Oats Café will be offering a Cuban Black Bean Soup at lunch.
- There will be displays and exhibits at several sites. Watch for these Gulf of Maine Books, Riley's Insurance, Morning Glory Natural Foods, Wild Oats Café, Bowdoin Camera, and at Curtis Memorial Library.
- The following Cuban films will be shown and available for rent at Bart & Greg's DVD Explosion in the Tontine Mall: Bitter Sugar; I am; Guantanamo; Buena Vista Social Club; Life Is To Whistle.
- Two videos will be shown repeatedly on Channel 14, Bath Public Access: The Greening of Cuba, and Tara Murphy's slide Presentation of her semester in Cuba.

#### March 22, Saturday

- 11:00 a.m. - 1:30 p.m. Morrell Room, Curtis Memorial Library, Brunswick. A celebration of our sister city relationship with Trinidad. Jackie Sartoris, Forrest Lowe and other delegates will be on hand to talk about their trip to Trinidad and the historic events there. Potluck luncheon to follow.

#### March 24, Monday

- 7 p.m. Film Showing: Guantanamo at Thornton Oaks, 25 Thornton Way, Brunswick

#### March 26, Wednesday

- Henry & Marty's Restaurant with Cuban cuisine menu, reservations

#### March 27, Thursday

- Bilingual Reading of Cuban Poetry at Henry & Marty's Restaurant with Cuban cuisine at 7p.m.

#### March 28, Friday

- Henry & Marty's Restaurant with Cuban cuisine menu, reservations

#### March 29, Saturday

- Latin Aerobics Class (all levels) with La Tremenda Brenda at 8:30 a.m. at Maine Pines Racquet Club, on Harpswell Road, Brunswick. Wear Orange, get in Free!

#### March 30, Sunday

- Readings of Cuban short stories 3-5 p.m. at Pedro O'Hara's Bar, 1 Center Street, under Richards Restaurant, Brunswick
- Film showing: "Spirits of Havana" descrip: 7p.m. in Smith Auditorium, Sills Hall at Bowdoin College, sponsored by Bowdoin Music Department

#### March 31, Monday

- Lecture: Cuban Music & Identity by Joanna Bosse, ethnomusicologist of Bowdoin Music Dept, 7p.m. at Gibson Hall 101, Bowdoin College.

## Non-profit news The Center for Grieving Children

When a death occurs in a family, adults are not the only ones that need support to help them through their grief. Children are also greatly impacted. In 1987 Bill Hemmens lost his sister and tried to find support for his niece Erin. During his search, he realized that children needed a support system to help them with their grief. Bill Hemmens founded The Center for Grieving Children to help fill this void that existed in the area. The mission of the organization is to provide loving support to grieving children and the community through peer support, outreach and education. A safe environment has been created for those trying to cope with the death or life-threatening illness of a family member or friend.

The Center for Grieving Children has served thousands of Maine children and adults for the last 15 years. While celebrating the 15th anniversary this year, The Center for Grieving Children has announced its newest venture, "Project Beacon." Project Beacon is a comprehensive, week-long program that provides grief counselors, educators and others nationwide, professional training in The Center's Peer Support Model, a volunteer-driven group model for working with children and families who face grief, loss and change. Seed money to help launch Project Beacon is being provided by Aetna Foundation, the independent charitable and philanthropic arm of Aetna Inc. Aetna's \$15,000 grant will help program organizers refine the training manuals for community through its use of volunteers and further develop the curriculum for future volunteers.

"We are deeply grateful for the commitment the Aetna Foundation has made to our training efforts," says Anne Lynch, Executive Director of The Center. "This award paves the way for us to share the unique model of trained volunteers working with age-appropriate groups of children and adults who have experienced similar losses. This model can definitely be applied to any situation where children and adults face loss and change, and involves the community through its use of volunteers. Now, more than ever, our children need all of us to provide a safe place to express their feelings in a healthy way."

According to Melvyn Attfield, M.D., a medical consultant in Aetna's Portland Customer Service Center, the grant reflects the importance of giving children an outlet for working through significant loss. "Children in general are resilient, but a major loss or setback at an early age can have such an extraordinary impact that it changes the course of their life. By supporting Project Beacon, we increase the opportunities for kids all over the country to reap the benefits of the work being done at The Center for Grieving Children in Portland."

The core values of The Center for Grieving Children are community, compassion and respect. The Center is a 501(c)3 organization, governed by a 25-member volunteered Board of Directors. The Board employs the Executive Director, who manages three full time staff, six part-time staff and five unpaid interns from universities throughout Maine. The Center has over 100 volunteers serving the children, teens and their families. The Center is always looking for more volunteers to help out in various areas and you can call The Center at 775-5216 for more information or check on their website at [www.cgcmaine.org](http://www.cgcmaine.org).

The Center for Grieving Children has helped thousands of individuals over its past 15 year history through its four major programs: Bereavement Peer Support, Tender Living Care for families facing life-threatening illness, Community Outreach and Education, and the Multicultural Peer Support Program, providing collaborative programs with Portland Public Schools for children from war torn countries. The Center was also the host of the 5th National Symposium on Children's Grief Support in 2001.

The Center understands that when a loved one passes away, it can cause a difficult time



PHOTO CENTER FOR GRIEVING CHILDREN

financially for the family. Understanding this, The Center does not charge fees for its services. Private individual donations, foundation grants, United Way and special events provide funding. The organization does not rely on government grants and relies completely on community support.

There are numerous ways to support The Center for Grieving Children that are all special. The Annual Appeal is the way in which The Center meets its operating budget and encourages everyone to participate no matter the size of the gift. Annual giving can be made with cash donations, matching funds, stocks and other planned giving avenues. You can also give a gift in the memory of a departed loved one or in the honor of someone living. Another way you can help out is by purchasing a "star" at \$250 or more, which will be permanently displayed on the Start Memorial Wall at The Center. You can obtain more information on this and any other questions by calling The Center at 775-5216.

The Center for Grieving Children shall continue helping children acting as a beacon of light in the hearts and souls of grieving children throughout the world. "Project Beacon" is just one venture of many that The Center will continue to do to help support children in their time of need.

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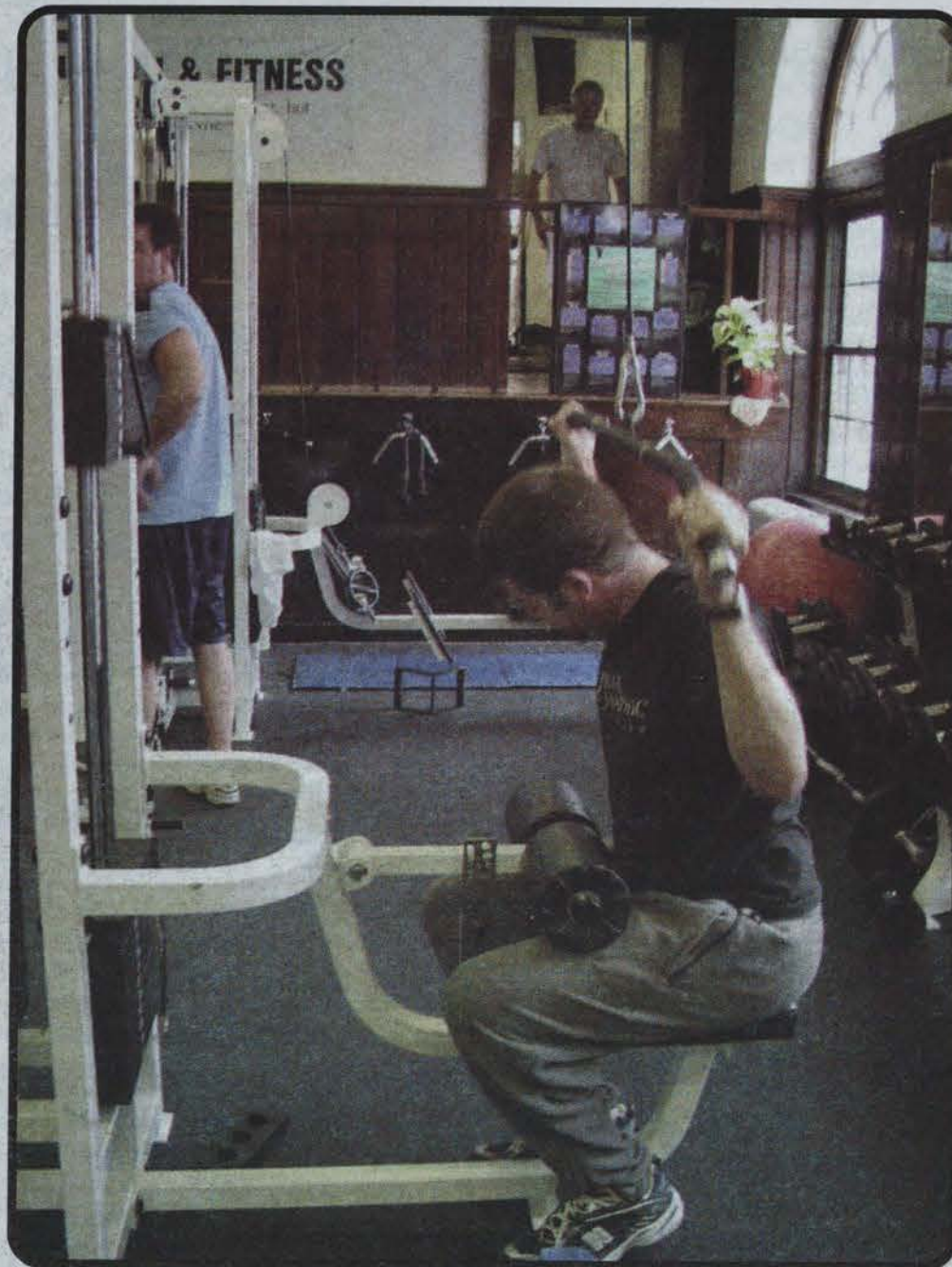
**Team Members  
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MCC is seeking people to serve as AmeriCorps team members and Assistant Team Leaders during this coming spring-summer-fall. Training and experience in the stewardship of our natural resources. Teams work on trails and Parks throughout the beautiful State of Maine. Living allowance; Health Insurance; Deferred Student Loans; Education award.

**Application Deadline 3/15/03.**  
For application or more information:  
**1-800-245-JOBS** or  
**corps.conservation@maine.gov**  
MCC is an Equal Opportunity Employer. Women/Minorities are encouraged to apply.

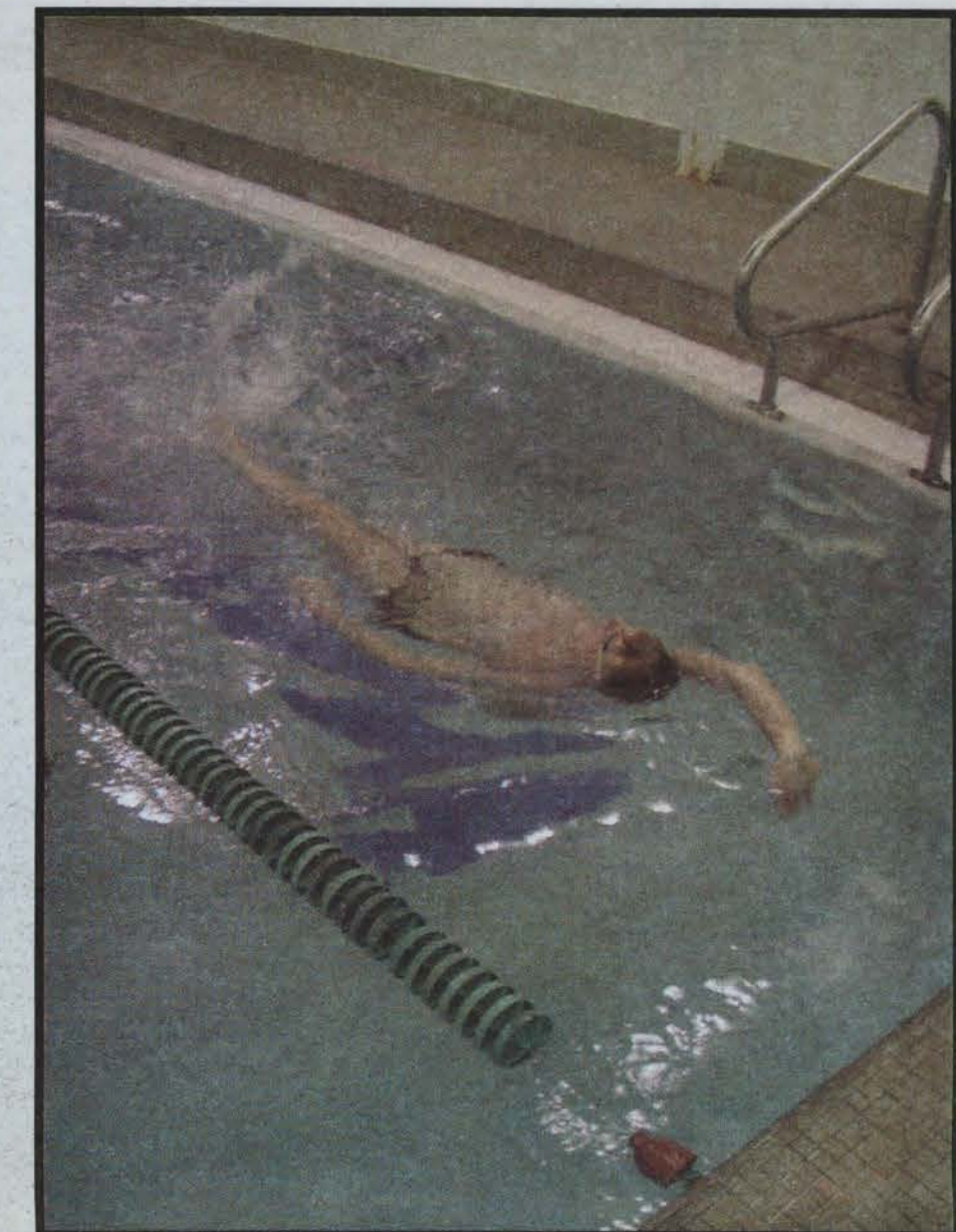


# Health and fitness at the YMCA



*Photo essay by Charlotte Smith*

If you're looking for ways to get in shape, there are lots of options at the Greater Portland YMCA. For information about programs, classes and memberships, please call 874-1111.





March 20

## Lecture on Ethiopian Jewry

Bizu Riki Mullu, an Ethiopian Jewish artist, discusses Ethiopian Jewry and the importance of Israel's survival. Sponsored by Bates Hillel. 7:30pm in Skelton Lounge, Chase Hall at Bates College in Lewiston. For more information call 786-9717.

March 21

## CD Release Party - African in Maine

Several years in the making, this compilation from the Center for Cultural Exchange includes tracks from 17 different artists or ensembles. Most of the selections were recorded during live performances at CCX. Collectively, they attest to the thriving nature of African culture in Maine. The release party will feature live Congolese soukous music and presentations by artists on the disc. 8pm, tickets available through Center for Cultural Exchange's Box Office. 761-1545.

March 21

## Strangefolk

Fresh from a heavy tour schedule to promote their CD, Open Road, comes Strangefolk. The Vermont and Mainer band drew huge crowds and new fans at their Halloween performance on Monument Square last year. Catch them at the State Theatre, 609 Congress Street, Portland. 8pm, tickets \$17.50 adv./\$20 door. 775-3331.

March 22

## Cabin Fever Reliever

Steel drum bands Flash in the Pan and the Rhythm Rockets perform at this celebration of the end of winter. All the Ben and Jerry's ice cream you can eat. Presented by Downeast AIDS Network. 2pm at Ellsworth Middle School, 20 Forest Avenue in Ellsworth. \$7 for adults, \$4 for children. 667-3506.



Dave Pontbriand plays a mean sitar at Starbird Recital Hall on March 22.

March 22

## Sitar Fusion

American sitarist David Pontbriand develops spontaneous compositions based on the traditional ragas of northern India. This three-thousand year old musical tradition has a highly developed sense of melody and presents rich expressive possibilities for the performer. Pontbriand will present a recital for Sitar and Surbahar at 7:30pm in the Starbird Recital Hall (525 Forest Avenue, Portland). \$12, 775-2733.

March 22

## Dreambirds

This production by Portland School of Ballet using American Sign Language; percussionist Shamou opens, Merrill Auditorium, Portland, ME, \$10 to \$25, 842-0800, reception follows, 1pm.

March 23

## Maine Maple Sunday

Take your kids out for a real Maine adventure. You'll see the sap running and syrup being made. Samples, sweets, music, and fun. Maple sugar houses across the state will be open to the public. Syrup for sale. Search [www.getrealmaine.com](http://www.getrealmaine.com) for a sap house near you, or call for free brochure. Celebrate the first taste of Spring!

March 23

## Wine & Chocolate

Wine, Chocolate dipped strawberries, barbershop quartet at Wilbur's Chocolate Factory, Freeport, Maine to benefit the non-profit Freeport Counseling Center. \$15 per person, 5-7pm. 11 Independence Drive, Freeport. 865-4071.

## calendar 3.20.03



Strangefolk are no strangers to Portland music fans.

March 24

## Fence Kitchen

Avant garde puppetry is alive and living in Portland. Fence Kitchen is the brainchild of Tim Harbeson, a sculptor and musician. Harbeson is also one of the founders of Stillhouse Studio Theatre. Be sure to check out this unique exploration of the expressive potential of marionettes. At Stillhouse Studio Theatre in Portland. \$5, seating is limited. For reservations and information, call 879-5498 or email [stillhouse@earthlink.net](mailto:stillhouse@earthlink.net).

March 25

## Maine Restaurant Association Annual Awards Banquet

A limited number of tickets will be available to this culinary extravaganza featuring Chef of the Year and Restaurateur of the Year awards. 5-10pm, \$100 each/\$175 couple at Holiday Inn By The Bay, Portland. 623-2178.



Tim Harbeson's Fence Kitchen promises a great night out, no strings attached.

## Quick Picks

(3/20) Bates Modern Dance Company "New Works," spring concert, Bates College, Schaeffer Theatre, Lewiston. Runs through Sunday, performance times vary. Free, 786-6330.  
(3/21) "Settlements in Eastern Canada North of the St. Lawrence River: from viking to Inuit," with photographer and professor Will Richard. 8pm at the University of Maine, Memorial Union, Orono.  
(3/23) Native American PowWow festival with singing, dancing, crafts and children's activities, to benefit the Native American diabetic program, Stevens Avenue Armory, Portland, ME, \$3 to \$4, 339-9520, 9am-5pm.  
(3/24) Jazz Series featuring Tom Snow on piano and Gerhard Graml on bass. Portland Conservatory of Music, Portland, 7pm, \$15, 775-3356.  
(3/25) Hannah Holmes, author of "The Secret Life of Dust," will be at Nonesuch Books in South Portland at 7pm. 799-2659.  
(3/26) Yo-Yo skills workshop for ages 7 and up at Northern Sky Toyz, Portland. 7pm, free. 828-0911.

Submissions to the calendar must be received in writing by the Thursday two weeks prior to publication. Send your listings to Calendar, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101, or e-mail: [listings@maine.rr.com](mailto:listings@maine.rr.com).

## Activities at the Children's Museum of Maine

March 25 - April 4, 2003



**Drama for Kids**  
Tuesday, March 25, 4:00 p.m.  
Exercise your voices, bodies and imaginations in this fast-paced, interactive workshop for children, ages 5-8. Perform simple theater games and skits in our Dress-Up Theater. The workshop is led by Cape Elizabeth High School student, Caitlyn Johnson. A portion of the proceeds from this workshop will go to the C2AS Fringe Fund. The cost is \$2 for members and \$3 for non-members per class. Pre-register by calling ext. 221. Additional Workshop Dates: April 1

**Preschool Play: Foods of Columbia**  
Wednesday, March 26, 10:30 a.m. - 12:00 p.m.  
Learn about this South American country and taste traditional foods. FMI, call 828-1234 ext. 221.

**Art Adventures: Beautiful Butterflies**  
Wednesday, March 26, 2:00 - 4:00 p.m.  
It may be too cold for butterflies to hatch outdoors, but you can bring one to life! Using coffee filters, markers, water and pipe cleaners, design beautiful butterflies to admire at home.

**Danskinetics Movement Classes**  
Wednesday, March 26 (Also April 2, 9 & 16)  
3:00 p.m., For parents and kids!  
Join certified Kripalu Danskinetics teacher Olivia Cabot for an afternoon of exploration, movement and fun. Danskinetics combines yoga and dance together to teach children and parents the joy of being at home in their bodies. Attend one or all classes. FMI, call 828-1234 ext. 221.

**Toddler Time Plus**  
Thursday, March 27, 9:00 - 11:00 a.m.  
Music Movement and More with Kathy Enking and Meet the Experts Childproofing Your Home, with Portland Public Health. FMI, call 828-1234 ext. 221.

**Into the Woods: Children's Museum of Maine 2003 Annual Auction**, Friday, March 28, 2003  
Holiday Inn By The Bay, 48 Spring Street, Portland  
5 - 5:45 p.m. - Auction Preview  
6 - 8:45 p.m. - Silent Auction and Hors D'oeuvres  
9:00 - 9:45 p.m. - Live Auction, Coffee and Dessert  
Fundraising auction to benefit the museum. Cash bar. Auctioneer Tom Saurley. Tickets \$25 each. FMI, call 828-1234 ext. 222.

**Big Messy Art: Beautiful Butterflies**  
Sunday, March 30, 2:30 - 3:30 p.m.  
It may be too cold for butterflies to hatch outdoors, but you can bring one to life! Using coffee filters, markers, water and pipe cleaners, design beautiful butterflies to admire at home.

**Drama for Kids**  
Tuesday, April 1, 4:00 p.m.  
Exercise your voices, bodies and imaginations in this fast-paced, interactive workshop for children, ages 5-8. Perform simple theater games and skits in our Dress-Up Theater. The workshop is led by Cape Elizabeth High School student, Caitlyn Johnson. A portion of the proceeds from this workshop will go to the C2AS Fringe Fund. The cost is \$2 for members and \$3 for non-members per class. Pre-register by calling ext. 221.

**Preschool Play: Seven Blind Mice, a Chinese Puppet Show**  
Wednesday, April 2, 10:30 a.m. For ages 3-5  
Children from Phillips Academy, Andover, MA, will present an interactive puppet show, "Seven Blind Mice". These children participate in the Academy's Chinese Cultural Outreach, which instructs families of adopted Chinese children in Chinese language and culture. Audience members will be exposed to Chinese language, encouraged to participate verbally, sing songs, and help perform the puppet show. This presentation is funded in part by a grant from the Maine Arts Commission and the National Endowment for the Arts. FMI, call 828-1234 ext. 221.

**Big Messy Art: Bubble Painting**  
Wednesday, April 2, 2:00 - 4:00 p.m.  
Everybody loves making bubbles! But have you ever tried painting with them? Mix bubble solution with paint, add paper and blow a bubble to create a masterpiece of color and texture.

**Danskinetics Movement Classes**  
Wednesday, April 2 (Also April 9 & 16), 3:00 p.m.  
For parents and kids!  
Join certified Kripalu Danskinetics teacher Olivia Cabot for an afternoon of exploration, movement and fun. Danskinetics combines yoga and dance together to teach children and parents the joy of being at home in their bodies. Attend one or all classes. FMI, call 828-1234 ext. 221.

**Toddler Time Plus: Music Movement and More with Irene Jeffers**  
Thursday, April 3, 9:00 - 11:00 a.m.  
Cool Science: Compass Course  
Thursday, April 3, 2:00 p.m.  
Learn how to use a compass and try to make your way through the compass course using this new skill.

**Free Friday**  
Friday, April 4, 5:00 - 8:00 p.m.  
Admission is free at the museum the first Friday night of each month.



**General Admission:**  
\$6.00 per person  
(under age 1 free)  
(Admission is free with museum membership.)  
**Group Rate**  
\$3.00 per person - groups of ten or more with reservations - call 828-1234, x234 FMI  
Camera Obscura only: \$3.00

The Children's Museum of Maine is located at 142 Free Street in Portland, Maine, next to the Portland Museum of Art.



# listings

## HAPPENINGS

### Thursday, March 20

**Cool Science: Digestive system** – what happens as food travels through your body? Discover this amazing process first-hand and participate in digestion games. 2pm, Children's Museum, 142 Free St., Portland.

**Garden Aprons** – Get ready for Spring by decorating your own garden apron, and planting some seeds! Ages 2-5, 10:30-11:30am, free. Northern Sky Toyz, Fore St., Portland.

**Joint Concert:** Brewer High School Jazz Ensemble and University of Maine at Augusta Jazz-on-Tour Ensemble. 7pm, Jewett Hall Auditorium, University of Maine at Augusta.

**Life in the Spirit** prophetic conference designed to prepare believers to be a flaming torch filled with God's living presence as a shining light in the world. March 20th-23rd, Sky-Hy Conference Center, 32 Sky-Hy drive Topsham. 725-7577

**Portland Pirates** take on Norfolk, 7:05pm, \$18/\$15/\$10/\$8, Cumberland County Civic Center. 775-3458.

**Salvation Army Kids 'N' Camp Auction.** More than 30 Maine painters will offer items for bidding, with all proceeds supporting youth programs. The event begins with a silent auction with great items at 5:30pm, and live bidding at 7pm. Tickets are \$25, Portland Country Club, Foreside Rd., Falmouth. 774-6204 x262. www.servingnewengland.com.

**Toddler Time Plus:** music movement and more with Kathy Enking, 9-11am, Children's Museum, 142 Free St., Portland.

### Friday, March 21

**CD Release Party** – African in Maine includes tracks by seventeen different artists or ensembles representing nine different nationalities, performing twelve different languages. Center for Cultural Exchange, Congress St., Longfellow Square, Portland. 761-1545.

**Haddock Chowder Luncheon**, \$5, 12noon, Westbrook Warren Congregational Church Fellowship Hall, 810 Main St., Westbrook. 854-9157.

### Saturday, March 22

**Auto enthusiasts** – enjoy touring the countryside during a 140-mile tour starting and finishing in North Windham. No special type of vehicle is required, \$35/car. 926-5660 or www.cumberlandmotorclub.com.

**Children's book author Toni Buzzeo** will read from her just-published storybook, "Dawdle Duckling" 10:30am, Nonesuch Books, 50 Market St., Mill Creek, South Portland. 799-2659.

**Cool Science: Digestive system** – what happens as food travels through your body? Discover this amazing process first-hand and participate in digestion games. 2pm, Children's Museum, 142 Free St., Portland.

**Games & Songs of Thailand** – Kwan Panunot, an AFS visiting teacher from Thailand, will demonstrate takraw, a traditional Thai sport. Join in and learn this popular sport and some special Thai songs. tool Ages 6+, Children's Museum, 142 Free St., Portland. FMI, call 828-1234 x221.

**"Invisible Reflections"** performed by the Maine Chamber Ensemble presented by The Maine Music Society, 7:30pm, United Baptist Church, Lewiston. \$15/\$14 in advance. 782-1403 or www.maineunicsociety.org.

**Make-A-Wish Foundation and Family Crisis Services Benefit**, in celebration of the life of Camden Ryan Libby. Music entertainment, silent auction with 100% of the proceeds going to these two wonderful charities. \$20 per person, 7pm, Doubletree Hotel, Portland. 800-491-3171.

**'Mother Earth Awakens'** spring powwow, Native American food, drumming, singing, dancing, craft vendors. 9am-5pm, \$4/\$3, Stevens Ave. Armory, Portland. 457-1955.

**Portland Pirates** take on Albany, 7:05pm, \$18/\$15/\$10/\$8, Cumberland County Civic Center. 775-3458.

**It's about Time!** Take-Apart Workshop—take apart a clock to learn what makes it tick! 12:30-2pm; Design and create your own clock face! 2:30-3:30; Ages 6+, \$5/\$4, pre-reg. preferred.

**50's & 60's Sock Hop**, benefit of the SHS Alumni Scholarship fund, music by Bill O'Neil, \$12.50 per person, cash bar, Portland, at 7pm. Call 774-4357 for more information. 8pm-midnight, Italian Heritage Center, Portland. Reserve

tickets, 883-2660, 883-4991, 883-6817 or 883-4225.

**Spring Good Stuff Sale**—New and used treasures will be for sale at very reasonable prices. 9am-3:30pm, Maine Art Gallery, Warren St., Wiscasset. 882-7165, meartgallery@awi.net.

### Sunday, March 23

**The 75th Annual Academy Awards** will be presented live on the theater screen. Champagne and buffet with a Greek theme. Guests typically dress in gowns and tuxedos. \$22, 7pm, Eveningstar Cinema, Tontine Mall, 149 Maine St., Brunswick. 729-6796.

**Big Messy Art: Cloud and Rain Painting.** Create a cloud over your drawing and make rain fall from the sky. It is a magical process with beautiful results. 2:30-3:30pm, Children's Museum, 142 Free St., Portland.

**Ham Radio Demonstration**, 12-2pm, Children's Museum, 142 Free St., Portland.

**Psychic Sunday**, featuring workshops with Psychic Sue Yarmey. Choose from the best local intuitives. Free admission, fees for workshops & readings. 11am-4pm, Double Tree Hotel, 1230 Congress St., Portland. 286-1427.

**Rotary Bowathon** – Rotarians are hoping to "strike out" polio world wide with a fund raising bowling day. 11am-1pm, Yankee Lanes, Portland. FMI: 799-8643.

### Tuesday, March 25

**Drama for Kids** – Exercise your voices, bodies and imaginations in this fast-paced, interactive workshop for children ages 5-8. Perform simple theater games and skits in our Dress-Up Theater. \$2/\$3, 4pm, Children's Museum, 142 Free St., Portland. 828-1234 x221.

**Hannah Holmes**, a South Portland author of "The Secret Life of Dust," reads and discusses her book. 7pm, Nonesuch Books, Mill Creek, 50 Market St., South Portland. 799-2669.

**Instrumental Women: On Record** – Maine Public Radio (90.1 FM, Portland) will air the final episode in a series of special programs showcasing women composers, 8pm.

**See & Do Family Art Activities.** Bring your preschooler (ages 3-5) and have fun together learning about art in the galleries and making art in the studio. \$5/\$8, 10-10:45am, Portland Museum of Art, 7 Congress Square, Portland.

### Wednesday, March 26

**Art Adventures: Beautiful Butterflies** – It may be too cold for butterflies to hatch outdoors, but you can bring one to life! Using coffee filters, markers, water and pipe cleaners, design beautiful butterflies to admire at home. 2-4pm, Children's Museum, 142 Free St., Portland.

**Book Signing Event** with Rick Hautala author of "Bedbugs", 6pm, Warren Memorial Library Branch, Cumberland St., Westbrook. 854-5891.

**Danskinetics Movement Class** for parents and kids! Danskinetics combines yoga and dance together to teach children and parents the joy of being at home in their bodies. Classes also on April 2, 9 & 16, attend one or all. 3pm, Children's Museum, 142 Free St., Portland. 828-1234.

**Preschool Play: Foods of Columbia** – Learn about this South American country and taste traditional foods. Ages 3-5, 10:30am, Children's Museum, 142 Free St., Portland. 828-1234 x221.

### Ongoing

**Amnesty International** meets the second Tues. of the Month at Casco Bay Ferry Terminal's Conference Room, Commercial Street, Portland, at 7:30pm. Free. 874-6928.

**Art Night Out** - workshops held on Monday evenings from 5-8pm, 352 Cottage Road, So. Portland. 799-5154.

**Creative Resource Center Activities.** Kids ages three and up are welcome to drop in Tues-Sat at the Creative Resource Center, 1103 Forest Ave, Portland, from 11am-5pm. 797-9543.

**Debtors Anonymous** is a recovery program for people with chronic debt based on the 12 steps of Alcoholics Anonymous. The local chapter meets every Tues at the Woodfords Congregational Church, 202 Woodfords St., Portland, at 7pm. Call 774-4357 for more information.

**Divorce Support Group** The Greater Portland Spiritual

Separated and Divorced Support Group meets every Tuesday, 7pm, Cathedral of the Immaculate Conception Rectory, 307 Congress St., Portland. For more information call 797-8374.

**Drawing Sessions** Saturday afternoons in March, \$3, 1-4pm at Running with Scissors studio space, 34 Portland Street. 780-6252.

**The "Father's Heart" worship and praise ministry**, hosted by Prophetic Destiny Ministries, 3-5:30pm every third Sunday of every month. Sky-Hy conference center, 32 Sky-Hy Drive, Topsham. 725-7577.

**Food Not Bombs** The group distributes free food to the masses in Monument Square, Portland, every Sun from 2-4:20pm. 774-2801.

**Free School** event where artists, craftspeople, dancers, and teachers of all kinds offer workshops to the public, free, every 1st Monday of the month, Portland West, 181 Brackett St., 7pm.

**Free Workshops** to educate parents about child safety, and about proper/legal car seats for children, and about the new laws in effect. Every second Tuesday, 6pm, Babies-R-Us in So. Portland.

**Geographic Information Systems Clinic**, open to anyone with a GIS questions, research, problem, research idea, or general interest, 9:30-11:30am, Wednesdays; and Open GIS Seminar, noon-1pm, Wednesdays, bring lunch and discuss GIS with faculty, staff, and students; both the clinic and the seminar are in Room 302, Bailey Hall, University of Southern Maine Gorham Campus, open to the public. 780-5063.

**"Getting Started"** workshop providing an important overview to historic home ownership and preservation. Walker Memorial Library, Main St., Westbrook Saturdays from 9am-4pm.

**Girl Scout Summer Camp** – Girl Scouts of Kennebec Council is accepting registration for its resident summer camp programs located in Kittery Point, Reidfield and Bridgton. Financial assistance is available: 800-660-1072 or 772-1177 or annej@kgs.org.

**The Greater Portland Maine Genealogical Society** meets the first Sat of the month at the Falmouth Congregational hall, 267 Falmouth Road, Falmouth at 2pm. Call 797-7927 for more information.

**The Greater Portland Parkinson Support Group** meets the fourth Sun of the month at the Falmouth Congregational hall, 267 Falmouth Road, Falmouth at 2pm. All those with Parkinson's, as well as their families and friends are welcome. 797-8927.

**Gregorian Chant** at the Cathedral of the Immaculate Conception (corner of Franklin & Congress) every Tuesday at 7:30pm, six Tuesdays of Lenten/Passiontide music, and six Tuesdays of Easter music, ending May 27. Admission is free.

**KinderCulture** will meet every Thursday for 8 weeks starting Feb. 27, from 10-11am at the Center for Cultural Exchange, Congress St. All children must be accompanied by an adult, to reserve space call Jenna Chandler-Ward 761-0591 x111.

**"Knowing Yourself at the Deepest Level"** – 10 part series video presentation by Eckhart Tolle, the author of the book "The Power of Now." Friday evenings 2/21-4/25, 165 Science Building, USM, Portland. 653-8557.

**The League of United Latin American Citizens** meets the fourth Thurs of the month at the Reiche School, 166 Brackett St., Portland, at 6pm. 767-3642.

**1st Annual Maine Screenwriting Competition.** Maine residents are encouraged to submit their completed, feature-film screenplays. The top three winners will be awarded cash prizes during the 6th Maine International Film Festival in Waterville, in July. 624-7631 or www.filmmaine.com.

**Man to Man** Monthly discussion group meets first Thurs of the month to discuss issues pertaining to men's lives. All men over the age of 18 are welcome. At the Center for Cultural Exchange, 1 Longfellow Square, Portland, from 7-9pm. Free. 865-2048.

**NAMI CHOICES** support group for family and friends of people with mental illness meets the second and fourth Monday of every month at 7pm at the Dana Center, Maine Med. 775-5242.

**People's Free Space** where people can connect to their community, share resources and ideas through food, information, art and events, every 1st and 3rd Wednesday of the month at Portland West, 181 Brackett St., 7pm.

**Pineland Farms** education and outdoor activities facility including cross country skiing, snowshoeing, hiking and special programs for families; open 9am to 4pm daily, fees and events vary; contact the education director for details at 926-3914.

**Ranger Bean's Discovery Woods** environmental exhibit, featured programs, activities and events; open Tuesday through Saturday, 10am-5pm and noon to 5pm on Sunday; free for members and children under age one, Children's Museum of Maine, Portland, \$6, 828-1234.

**Salvation Army Senior Center** Drop-in center for serving people age 60 and over in the Greater Portland area Hours 9am-3pm Monday through Friday. Daily noon time meal served in the congregate dining room for a donation. Activities vary weekly, monthly field trips on our 25 passenger bus. 297 Cumberland Ave, Portland, at 10am. 774-6304.

**Sangha/Meditation Practice**, first and third Sunday of each month 10-11am. Greenleaf Studio, Freeport, free, all are welcome. Joli Greene 865-0744.

**Sing rounds** and women-centered chants, 11:52-15 p.m., Wednesdays when classes are in session, Honors Building basement, open to the public, 780-4321.

**Storytelling/Spoken Word Open Mic** for Grownups every 2nd Weds of the month at Company of Girls, 10 Mayo St., Portland. 7pm, 10 minute slots for open mic, 8pm featured teller, \$3 suggested donation. FMI: Jean Armstrong, 879-1886 or moosetel@maine.rr.com.

**Survivors of Suicide** bereavement support group for family members and close friends of one who has died by suicide. Second and fourth Mondays at 7pm in classroom #1 in the Dana Center at Maine Medical Center. Contact Connie Korda 871-4226.

**Tuesdays with Zola Prophecy 2000.** The Era of racing technology, cultural changes, political challenges, and religious questions are covered with some of Humanity's best experts dissecting Biblical and Worldly Concerns. 7pm, West Falmouth Baptist Church, Mountain Rd., Falmouth. 773-0871 or 797-4066.

**Underground Railroad Tours** Peace Action Maine member Wells Staley-Mays gives tours of Portland's Underground Railway and other sites important to African-American history. Complete tour is two hours or less. Tix: \$6 per person (minimum group of six), 772-7249.

**USM Ice Arena** public hours. 9-10-10:30am, Monday-Friday, \$4 public/staff, \$2 under 18, under 6 free, please call 780-5991 for updates.

**USM Southworth Planetarium** astronomy shows featuring 7pm, Fridays & Saturdays; laser shows featuring 8:30pm. Fridays and Saturdays; children's shows 3pm, Saturdays and Sundays; star shows \$4.50 adults, \$3.50 children/seniors/students; laser shows \$5 adults, \$4 children/students; matinees \$3.50 per person, http://www.usm.maine.edu/planet. 780-4249.

**Women in Black Vigils** Women in Black "stand in silent vigil to protest war, rape as a tool of war, ethnic cleansing and human rights abuses all over the world. We are silent because mere words cannot express the tragedy that war and hatred bring." Vigils take place Fridays at Temple and Spring streets from 12-1pm, and at Congress and High streets from 5-6pm.

**Woman's Writing Group** takes place every 2nd and 4th Monday of the month at Portland West, 181 Brackett St., Portland, 7pm. Women from all walks of life and with varying writing skills are encouraged to participate.

**Writers Jam Sessions** The Maine Writers and Publishers Alliance sponsors informal writers groups. All genres welcome every other Mon, at WMPA, 14 Maine St., Suite 416 Brunswick, 6-7pm, free. 729-6333.

**Yarmouth Historical Society's** Maine Reading and Discussion Group will discuss Bill Caldwell's, Rivers of Fortune, 7pm, Bay Square, Yarmouth. 846-6259.

# Movies

## Bang The Drum Slowly

\*\*\*\*\*

by Tom Keene

video review

**Rated PG and running 96 minutes, is mainly a movie about human nature and a friendship that began from a shared secret but grew into a solid understanding of life and death which changed both the living and the doomed. I would rate it with five out of five stars with or without the baseball setting. It opens the eyes and the heart and has the potential to heal broken relationships.**

**B**elieve it or not, baseball will be played at Hadlock Field in just over two weeks. For many, the first pitch thrown on Opening Day will be an occasion for a brief tear of joy. For the true fan, just the thought of that moment floods the eyes with tears and the heart with hope.

But others care little, if at all, for the game and its trappings. They mock from misunderstanding the true fan's obsession with numbers and names and all things baseball.

Getting such a person to watch a baseball game live at Hadlock is unlikely, but it's possible that they might be tempted to watch a DVD of one of the best movies ever made that had baseball as an important element.

So, for this and the following two weeks, I will review a handful of films that have been judged by various critics to be superb cinema first, and great baseball film second.

If just a few non-fans can be persuaded to watch these films, their lives may be enriched by a growing understanding of the beautiful perfection of the game.

*Bang The Drum Slowly*, based on the 1956 book by Mark Harris, came to theaters in 1973. It is the story of a Georgia man who survived the dangers of childhood and the terror of Vietnam, who reached the major leagues only to be diagnosed with a cancer that would kill him in a matter of months. Bruce Pearson (Robert DeNiro) is a catcher for the New York Mammoths, a team certain to send him back to the minor leagues. Pearson is not only a marginal player, he's "almost too dumb to play a joke on," according to his only friend on the team, star pitcher Henry "Arthur" Wiggen (Michael Moriarty).

Wiggen sells insurance to provide an income when his playing days are over, for the film is set back in the days when an average professional ballplayer had to hold down a winter job just to make ends meet.

He had sold a policy to Pearson before accompanying him to the Mayo Clinic in Minnesota, where Hodgkin's Disease was diagnosed. Returning with Pearson to his home in Georgia, Wiggen decides that instead of asking for more money in his unsigned contract for the upcoming season, he will demand a clause tying him and Pearson together. Where one goes, the other follows. Sent down, traded, it doesn't matter to Wiggen, who will now become Pearson's roommate and protector, for a constant in life and baseball is the "ragging" on the weak and defenseless.

The Mammoth's manager, Dutch Schnell, (Vincent Gardenia, in a role that earned an Oscar nomination for best supporting actor) agrees only because "I see from the look in your eyes that I must."

Throughout the movie, Dutch searches for the reason for this unique clause, for the truth of Pearson's impending death is a tightly-guarded secret. Dutch calls every player the pair have seen over the winter and goes so far as to hiring a private investigator to track down the truth.

Pearson has been friends for years with a

call girl who has always turned down his proposals, but when the ballplayer tells her, "Marry me and cash in on a big surprise," she accepts—but only after Wiggen makes her the beneficiary of the insurance policy the pitcher had sold to his friend. Making excuses, stalling for time, Wiggen hesitates long enough for the woman to dump Pearson.

As the season progresses, the Mammoths stay near the top, but the ragging threatens to tear apart the team, which is good enough to win it all. Finally, in hopes of helping his friend and winning the pennant, Wiggen shares the grim truth with one player, insisting that the ragging stops. Of course, within days, the mystery is revealed. The transformation is remarkable, and the Mammoths indeed win the pennant and the World Series. But Pearson is forced to leave the team, returning to Georgia, where he dies in December.

Wiggen's voice-over at the funeral closes the film, as he reflects on the meanness of people toward others, a habit that seems harmless but in truth is the most destructive of human behaviors. As Wiggen remembers his promise to the dying catcher to send him a World Series program, he regrets his failure.

"I never sent it. How long would it have took? Couldn't I afford the stamp? From now on, I rag nobody."

*Bang The Drum Slowly* could have been made about factory workers or secretaries or white-collar executives, and the impact would have been just as intense. This is the well-told story of how people need to put others down to make themselves feel better, if only for a moment.

After the truth is revealed, and the team begins to bedriend the doomed ballplayer, Pearson tells Wiggen, "The only reason they're nice to me is they know I'm dying." Wiggen responds with some wording we know is true, deep-down, but refuse to confront.

"Everybody knows everybody is dying. That's the only reason they're as nice as they are."

Be sure to check out Movie Times & Local Theater Info on our website:

cascobayweekly.com/cbw2003/movies/times.stm

## New Video Releases

### Now Available

- 8 Mile • Abandon • Auto Focus • Alien Tracker
- Charlotte's Web 2 • Empire • Just a Kiss
- Malevolent • Paper Soldiers • Pokémon: 4Ever
- Personal Velocity: Three Portraits
- Roger Dodger • Sordid Lives
- The Grey Zone • Welcome to Collinwood
- The Man from Elysian Fields

### Coming 3.25.2003

- Crime Partners • Femme Fatale • Flashback
- Friday After Next • I'm With Lucy
- Killing Me Softly • Lady Jayne: Killer
- Maid in Manhattan • Skins

# White Oleander

\*\*\*\*\*

by Tom Keene

video review

**Rated PG-13 for mature themes, sexuality, language and violence, White Oleander runs for 110 minutes. I rate it with three out of five stars, disappointed that more care wasn't taken to tighten up the story.**

**S**everal times during *White Oleander*, we're reminded that the flower of the title is something of extraordinary beauty and apparent fragility, but is in truth poisonous.

We are reminded both by the appearance of the blossom and the personality of the character for whom the flower is a metaphor.

This is Ingrid, (Michelle Pfeiffer) a woman of stunning beauty and a bitter mind who murders her boyfriend, an act that puts her in prison and dooms her 15-year old daughter to foster care. Both mother and daughter are beautiful and are gifted artists, but where Ingrid is tough, Astrid has rejected her mother's philosophy that "loneliness is the human condition."

Astrid (Alison Lohman) bounces from one hideous home to another, all the while struggling to discover who she is and what her life means. Her mother proclaims, "I raised you to think for yourself," to which Astrid replies, "No, you raised me to think like you."

Slowly, the young woman begins to understand that the mother she idealized is poisonous to every one she touches. From her prison cell, Ingrid manipulates the mind of her confused daughter through letters and the visits Astrid makes with increasing anxiety.

In her first foster home, Astrid meets Starr,

of the unsettling influence of Starr and the state.

Claire (Renée Zellweger) is a struggling actress whose husband, Mark, (Noah Wyle) is a successful TV director. Slowly, reality is revealed—the marriage is failing, Mark is likely having an affair and Claire is depressed. When Claire accompanies Astrid on a visit to her mother in prison, Ingrid heartlessly torments the fragile woman, tearing her life apart and leading to Claire's suicide. By now, Astrid has experienced enough and grown enough to reject her mother's poisonous propaganda, and declares that she will never again visit Ingrid.

Astrid's final foster home is with a Russian entrepreneur (Svetlana Efremova) who uses her foster daughters to gather used clothing from the trash. Astrid demonstrates a knack for the business, and she is invited to become a partner after high school graduation.

Meanwhile, Ingrid's lawyer has been sent with a proposition—lie in court as her mother seeks a new trial—and Astrid will get whatever money can buy. Astrid's counteroffer is unusual, and the resulting conversation with her mother is the dramatic highlight of this otherwise ordinary film.

*White Oleander* is not a great film, but it's a fascinating story. It tries to criticize the fos-



Michelle Pfeiffer and Alison Lohman in *White Oleander*.

(Robin Wright Penn) a former stripper who has become a Christian, adopting the trappings and language of faith while still enjoying the supposedly forbidden good life. When Starr suspects that her live-in lover, Ray, (Cole Hauser) is falling for the charms of the beautiful, underage foster child, she shoots Astrid in the shoulder.

Astrid then moves to a state home, a prison-like place where she becomes hardened quickly. Attacked by other girls, she somehow gets a knife, hacks off her long blonde hair and threatens to slit the throats of her attackers if she isn't left to herself.

While in state custody, Astrid meets Paul, (Patrick Fugit of *Almost Famous*) an orphan with a talent for drawing. They fall in love, but Astrid is soon placed in another foster home. At first glance, this is ideal and the opposite

ter care program, but never provides credible information to do so. Director Peter Kosminsky does show us the lives of a mother and daughter each enduring a different imprisonment for the mother's crime, and this is well-scripted and wonderfully acted. But only Renée Zellweger's Claire is believable as people who shape the life of Astrid, as she struggles for identity and truth.

It is hard not to be amazed that such a bitter influence as the poisonous Ingrid could have any good in her, and that a girl of such fragile nature could become so strong. But in the end, both lead actresses are convincing in portraying their characters.

A fault in the film is the chaos of brief and too-frequent flashbacks that muddy the scene more than provide needed background understanding for the story, but it's worth watching.



# visual arts

## galleries

**Area Gallery**, Woodbury Campus Center, University of Southern Maine, Portland. "Scandalous Eyes: African America in Illustrated Sheet Music Covers, 1895-1925." Through April 1. Hours 8am-8pm, Mon - Thurs; 8am-4:30pm, Fri; 9am-3pm, Sat.; 780-5009.

**Art Gallery** University of Southern Maine, Gorham "Sebastiao Salgado: Migrations, Humanity in Transition and The Children," Latin America: Rural Exodus, Urban Disorder. Continues through March 23, 4 pm-7pm.

**Aucoscisco Gallery**, 615A Congress Street, Portland.

"Works on Paper: Monhegan," by Maine abstract painter William Manning, March 1-29. Hours: Wed-Sat 12-5pm or by appointment. 874-2060.

\*Frannie Peabody Center 17th annual art auction live art preview 12noon-5pm, March 24-27.

**Aucoscisco at Eastland Park Hotel**, Portland. Selected works by gallery artists, continues through April 27. 775-2227.

**Bayview Gallery**, 75 Market Street, Portland. Featuring recent work by Contemporary Realist painter, James Wolford, through the end of March. Hours: Mon-Sat 11-5 and by appointment. First Friday hours until 7:30pm. 773-3007.

**Creative Photographic Arts Center of Maine** 4th floor, Bates Mill Complex, 59 Canal Street, Lewiston. "Labors of Love: Crafting a Living in Maine," silver gelatin prints by Jon Edwards. Through March 30. Hours: Mon-Thurs 9:30am-8pm, Fri 9:30am-3:30pm, Sat 10am-4pm, 782-1369.

**C.W. White Gallery** 655 Congress St., Portland. The gallery will frequently, if erratically, be open "by chance." For the winter months, the C.W. White Gallery offers an eclectic changing exhibition of works by artists associated with the gallery. 871-7282.

**Fare Share Commons Gallery**, 447 Main St., Norway. "From Then OETU Now: 33 Years of Making Art" through March. Hours Thur & Fri 3-6pm, Sat. 10am-2pm. 743-9044.

**Filament Gallery** 181 Congress St., Portland. "Creatures" exhibit will feature the work of 7 artists. Runs through March 15. Gallery hours are Thurs - Sat, 11-6, 221-2061 or 775-0418.

**Gallery at the Crown** 123 Middle St., Portland. A Contrast of Values - Senior Views. Works from artists completing their senior year at college, March 3-31. Hours: Mon-Wed 10am-6pm, Thurs-Sat 10am-7pm. 756-7399.

**Gallery Seven** 49 Exchange St., Portland. Ongoing exhibit of work by American craft artists in all media. Hours: Mon-Thurs 10am-6pm, Fri-Sat 10am-9pm. Sun 12-6pm. 761-7007.

**Galeyrle**, 240 US Route 1, Falmouth. Group show of gallery artists Verner Reed, Veronica Benning, Estelle Roberge, John Kelley, Lori Tremplay, and Henry Peacock. Hours: Mon-Fri 10am-6pm, Sat. 10am-4pm. 781-3555.

**Greenhut Gallery** 146 Middle St., Portland. New paintings and prints by Maine/New York artist Charles DuBack through March 29. Hours: Mon-Fri 10am-5:30pm. Sat 10am-5pm. 772-2693.

**Hay Gallery** 594 Congress St., Portland. "Ornament as Content" the work in this exhibition will include ceramics, works on paper, Xerox lithography, encaustics, enameling, photo-etching, and oil painting.

through April 20. Hours: Tues-Sun 11am-5pm; 11-8pm on first Friday. 773-2513.

**Heron Point Gallery**, Brunswick. Julia Nichols, Oil Painter exhibiting a new collection of oil paintings. Hours: Tues, Thurs 10-4; Fri 10-1.

**Jewett Hall Gallery** University of Maine at Augusta, nothing provided at this time Hours: Mon - Fri, 8:30 am - 6 pm. 621-3274.

**June Fitzpatrick Gallery** 112 High St., Portland. Morse Mountain: A Place of Beauty. An exhibit of recent work by Tom Hall & Lissa Hunter, through March 29. Hours noon - 5pm Tues - Sat, 772-1961.

**June Fitzpatrick Gallery @ Maine College of Art** 522 Congress St., Portland. Group exhibit of drawings and prints through March 29. Hours noon - 5pm Tues. - Sat. 879-5742 x283.

**Lewiston-Anuburn College**, 51 Westminster St., Lewiston. Nothing provided at this time. 8am - 8pm, Mon. - Thurs; 8am - 4:30pm, Fri; 9am - 3pm, Sat; 753-6500.

**Mainely Frames & Gallery** 534 Congress St., Portland. Pen-and-ink cityscapes by William C. Harrison and other work by gallery artists are ongoing. Hours: Mon-Wed 10am-6pm, Thurs and Fri 10am-8pm, Sat 10-5pm, Sun 12-5pm. 828-0031.

**Meyer Studio Gallery** 51 Oak St., Portland. Ongoing exhibit of recent works by Louis Meyer, Matthew Meyer and Nathaniel Meyer. Hours: Wed-Fri 4-6pm, Sat-Sun 12-4pm. 879-1323.

**Portland Coalition Art Gallery** 688 Congress St., Portland. Ongoing exhibit of mixed-media works by artists associated with the Portland Coalition for the Psychiatrically Labeled. Call ahead for hours. 772-2208.

**Portland Glassblowing Studio** Nissen Bakery, 24 Rosasco Lane, Portland. Glassblowing demonstrations and ongoing exhibit of contemporary glassware designed and made by studio owner Ben Coombs. Hours: Fri-Sun 10am-6pm. 409-4527.

**Radiant Light Gallery**, 142 High St., Suite 409, Portland. Nothing provided at this time. Hours: Sat. noon - 6pm, or by appointment. Open during the First Friday Art Walk. 252-7258 or radiantlightgallery.com.

**Running With Scissors Gallery** 34 Portland St., Portland. "Hatch" - advanced graphic design majors from Maine College of Art express their particular graphic vision by presenting works across all art mediums, March 7-23. 780-6252.

**Saco Bay Artists Gallery** 22 Washington Avenue, Old Orchard Beach. Nothing provided at this time. 284-9949, 934-2930 or 934-3050.

**Silver Image Resource Gallery**, 500 Congress St., rear studio, Portland. Photography by Donna Lee Rollins, and Dennis Stein including hand-colored photographs, "Holga" prints, and digital images, are ongoing. Hours by appointment or chance. 5-8pm first Fridays. 767-0711.

**Space Gallery**, Portland. "Weighing My Options," works by Aaron Stephan, continues through April 1. 828-5600.

**Spindleworks Gallery**, works of Theresa Lebrech. 725-8820.

**The Stein Gallery** 195 Middle St., Portland.

"The Perfect blend of Art and Function." Martin Kremer's fused, or kiln-formed, bowls are influenced by Native American fabrics, Italian masonry, classic quilts and wood marquetry, through April 30.

"Male figure in glass" The male figure as interpreted by four of America's premier glass artist Milon Townsend, Doug Ohm, Rick Eckerd and Philip Crooks through March 30. 772-9072.

**Studio 656**, 656 Congress St., Portland. Works by John Driscoll are ongoing. Hours: Thurs and Fri noon-6pm. 871-3922.

**Thomas Spencer Gallery**, Yarmouth. 846-3643.

**Toby Rosenberg Gallery** 293 Read St., Portland. Handbags, clothing, cloth dolls, pottery, contemporary American crafts, sculpture and Judaica by artists including Deena Whited, Susan Butler and Gail Platts are ongoing. Hours: Mon-Sun, 12-6pm. 878-4590.

**UMF Art Gallery**, University of Maine, Farmington. "Ephemera" by Dean Randazzo and "Quadrants" by James Mullen. Exhibits continue through March 6. 778-7001.

## museums

**African Tribal Art Museum**, 122 Spring St., Portland. "The Role of Women in African Civilization" on exhibit through March. Hours: Tues - Fri, 10:30am-5pm, Sat 12:30pm-5pm. 871-7188.

**Bates College Museum of Art** Olin Arts Center 75 Russell St., Lewiston. Hours: Mon-Sat 10am - 5pm, Sun 1pm - 5pm. Free. 786-6158.

\*Bates College Chapel: "From Lynn to Lhasa: Photographs of Cambodian, Chinese, and Tibetan Buddhists in the United States," by Harvard University photographer Kris Snibbe. Feb - March.

\*Upper Gallery: "William Manning: Retrospective of Works on Paper." Lewiston native Manning has long been the cornerstone of abstraction in Maine. This retrospective explores the evolution of Manning's work through his drawings and collages. Through March 31.

\*Lower Gallery: "Collection Highlights," selections from the museum collection featuring drawings by Marsden Hartley and others; and George Platt Lynes: Studio Photographs of Marsden Hartley from the Marsden Hartley Memorial Collection. Ongoing.

**Bowdoin College Museum of Art**, 9400 College Station, Brunswick. Hours: Tues-Sat, 10am-5pm; Sun, 2-5pm. Free. 725-3275.

\*"Select Selections" recent additions to the permanent collection includes paintings, sculpture and works on paper. Included are works by Joseph Blackburn, Paul Klee, Vija Celmins, and Kiki Smith, as well as objects by non-Western cultures. John H. Halford Gallery. Through April 14.

\*Peary-MacMillan Arctic Museum Hubbard Hall, Bowdoin College. Call 725-3416.

"The S.S. Roosevelt: A Model of Strength" Exhibit includes a model of The Roosevelt, the ship that carried Robert E. Peary and his crew to the polar sea in 1905 and 1908, constructed by Richard DeVynck, based on his new research. Ongoing.

\*"Without Likeness" Paintings by Anne Harris continues through March 23.

**Bowdoin College, Moulton Union**, Brunswick. 725-3375.

**Center for Maine History Museum**, 489 Congress Street, Portland. From Dairy to Doorstep: Milk Delivery in New England, 1860-1960, chronicles the origins of home milk delivery and the heyday of the milkman, runs through May 25. Hours: Mon-Sat 10am-5pm.

**Colby College Museum of Art** Colby College, Waterville. Hours: Mon-Sat 10am-4:30pm. Sun 2-4:30pm. Free. 872-3228.

\*"Contemporary Prints and Photographs from the Bruce Brown Collection," features more than 100 prints and 40 photographs from the most accomplished and innovative artists from the last 50 years. Through March 23.

\*James McNeill Whistler: Etchings and Lithographs 1858-1896." Forty etchings and lithographs by James McNeill Whistler. The works were created between 1858 and 1896 and depict daily life in the cities of Western Europe. Ongoing.

**Maine Maritime Museum** 243 Washington St., Bath. "Around the Shipyard," an ongoing exhibit. Hours: Mon-Sun 9:30am - 5pm. Admission: \$8.75 (\$6 under 17, kids under 6 free). 443-1316.

**Portland Museum of Art**, 7 Congress Square, Portland. Hours: 10am-5pm Tues, Wed, Thurs, Sat & Sun; 10am-9pm Fri. Memorial Day through Columbus Day open Mondays 10am-5pm. Admission: \$8 (\$6 for students and seniors, \$2 youth 6-17. Free for kids under 6). Free every Friday from 5-9pm. 775-6148 or (800) 639-4067.

\*"Contemporary Art From the Permanent Collection," featuring the diversity of subject matter and style that have come to dominate the post-world war art scene. Ongoing.

\*"Hamilton Easter Field: Pioneering American Modernism" - Field (1873-1922) was recognized as an important proponent of modern art who exerted a wide influence through his activities as a painter, critic, teacher, author, an patron of the arts. March 22-June 15.

\*"Prints by George Grosz: A Scathing Portrait of Weimar Germany" focuses on political interest in printed media, specifically photolithographic facsimiles of his drawings, that allowed a large number of people to see his work rather than an elite few. Continues through May 11.

\*"Sebastiao Salgado: Migrations - Humanity in Transition and The Children" exhibit features more than 310 photographs by internationally - renowned photographer Sebastiao Salgado. Continues through Mar. 23.

\*"Youth Art Month" - annual collaboration with teachers from the Maine Art Education Association. More than 100 fascinating works by students of all grades from across the state will decorate the walls of our Café in celebration of Maine's next generation of artists. Runs through March 30.

**The Saco Museum**, 371 Main St., Saco.

\*The 12th Chapter designed and installed by Thornton Academy students. Will feature works of three-dimensional art, paintings, drawings and photography.

\*Minor Thoughts: Perceptions of Young People in the 18th, 19th and early 20th Century, explores the lives of teenagers before the 20th century through diaries, needlework, photographs and portraits, through August 10.

\*John Brewster, Jr. Itinerant Portrait Painter born without the ability to speak or hear, Brewster lived as a traveling painter, through April 20.

Hours: Sun & Tues-Fri, 12-4pm; Thurs, 4-8pm, free on Thurs. 283-3861 x114.

## other venues

**Barbara's Kitchen**, 388 Cottage Rd., So. Portland. The work of local artist Zoo Cain will show through March 31. 767-6313.

**Bates College**, 2 Andrews Road, Lewiston. Opening reception: Third Annual Off-Campus Study Photo Exhibit. Work made by Bates students studying off-campus. Perry Atrium, Pettengill Hall.

**Freeport Community Library**, 10 Library Drive, Freeport. Seasons of Violets, Seasons of Stone. Paintings and drawings by Wendy Brown through March 28. 865-3307.

**Higher Grounds Coffee House**, Water St., Hallowell. Recent paintings by Liesse Thibeault through April. 621-1234.

**Kalahadin Restaurant** 106 High Street, Portland. Ongoing exhibit of "Unconscious Drawings" by local artist Gina Adams. Hours: Tues - Thurs, 5 - 9:30pm; Fri - Sat, 5 - 10:30pm. 774-1740.

**The Kitchen** 593 Congress St., Portland. An art duo, Lori Rae Palumbo and Elizabeth Fraser, through March 31.

Sip 576 Congress St., Portland. New works by Kimberly Curry, watercolors and collage through March 28. 774-2593.

**Starbucks**, 176 Middle St., Portland. Color photo images of Europe, "People & Places, a Street View" by Peter Hungenet, through April. 767-2797.

**Thos. Moser Showroom**, Freeport. Richard Keen paintings continues through March. 865-4519.

**Zero Station**, 222 Anderson St., Portland. "Beautiful Confusion" a group show opens March 22 from 5-7 and continues through May 10. Hours: 10-6pm, Tues-Sat. 347-7000.

# stage door

Casco Bay Weekly listings are a fun and free service to our readers. To have a listing considered for publication, send complete information (including dates, times, costs, complete address, a contact telephone number) by noon on Thursday prior to publication. E-mail: listings@maine.rr.com.

## DANCE

**"Dreambirds"** a Portland School of Ballet production using American Sign Language and Dance to tell a story. Merrill Auditorium, Portland, March 22, 1pm, \$10-\$20. 842-0800.

## THEATER/COMEDY

**"Betsy's Irish Wedding"** - Comedy, interactive dinner theater. Double Tree Hotel, 1230 Congress St., Portland. Mar. 15, April 12 & May 17, 6:30pm. 286-1427.

**"Cabaret"** directed by Wil Kilroy with musical direction by Edward Reichert, Sunday matinee at 5pm on March 23, Russell Hall, USM Gorham, \$12/\$9/\$5. 780-5151.

**Comedy Connection**, 16 Custom House Wharf, Portland. 774-5554

\*Portland's Funniest Professional contest semi-finals, 8:30pm, \$6, March 20.

\*Bob Marley, 7:30 and 9:30pm, \$15, March 21.

\*Bob Marley, 7, 8:45 and 10:30pm, \$15, March 22.

\*Shane Kinney's Comedy Showcase, 8:30pm, \$6, March 23.

**"Copenhagen"** asks difficult questions about the role of scientists in war, how individuals maintain friendships when nations and politics stand in the way, and the secrets we all hold in our souls. March 4-23; 7:30pm, Portland Stage Company, 25A Forest Ave., Portland. 774-1043 x108 or www.portlandstage.com.

**"Fence Kitchen"** is a puppet theatre pulled from the dreams of Tim Harveson, sculptor, musician, and one of the founders of the Stillhouse. Created at the Stillhouse, it is an intimate view into the mysterious machinations of this jewel-box theater. March 24, 8pm, Stillhouse Studio Theatre, 108 High St., 2nd floor, Portland, \$5 suggested donation. 879-5488 or stillhouse@earthlink.net.

**"Gun-Shy"** - It's divorce on the rocks in this laugh-out-loud comedy about two ex's who can't stay out of each other's lives and the new mates they drag down with them! March 14, 15, 16, 20, 21, 22, & 23, Thurs, Fri, Sat 8pm, Sun 2pm, \$12.50/\$15. The Public Theater, Lisbon and Maple St., Lewiston. 782-3200, (800) 639-9575 or www.thepublictheater.org.

**The Hurdy-Gurdy Puppet Show** presents "The Fisherman and His Soul" at the St. Lawrence Arts and Community Center, 76 Congress St., Portland. Saturday mornings, March 8, 15, 22 & 29. Shows at 10, 11 & 12. \$3. 775-2004.

**"Little Me,"** a comedy about a girl from the wrong side of the tracks, who is in love with a boy from the right side of the tracks. Thur. 7:30pm; Fri & Sat, 8pm; Sun, 2pm; additional performances March 29 & April 5 at 4pm. A Good Theater production, through April 6, St. Lawrence Church, 76 Congress St., Portland. 885-5883.

**"Little Shop of Horrors"** presented by Gorham High School, March 14, 15, 21, 22 at 7:30pm and March 17 at 2:30pm, at the McCormick Performing Art center, Gorham High School. \$8/\$5.

**"Matching Shadows with Homer"** the touching and humorous true story of a simple dentist in northern Albania who happens to look like the country's dictator, with a movie star's appeal, to the public. Original musical play by The Theater Project, Thurs, 7:30pm; Fri & Sat, 8pm; Sun, 2pm; through March 30. 729-8584 or theater.project@verizon.net.

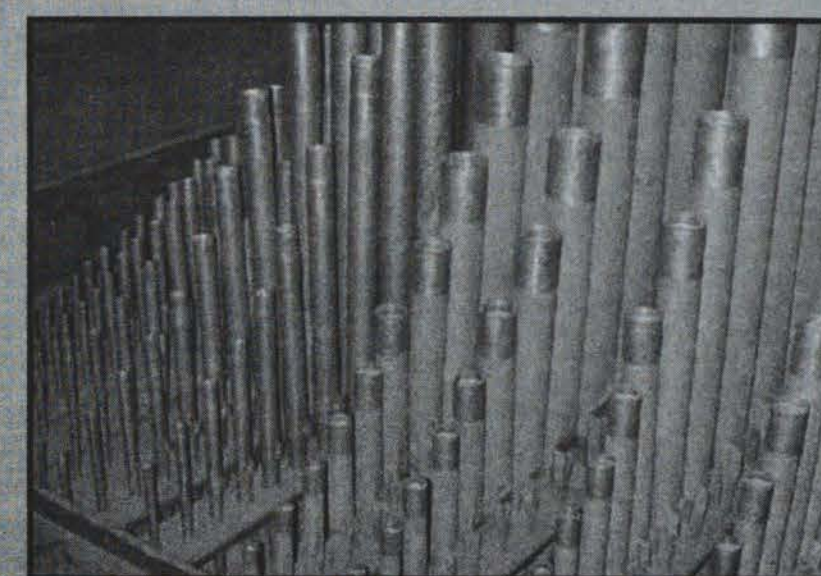
## AUDITIONS

**Renaissance Faire** actors, musicians, dancers and more, needed for the upcoming season, all ages, Schoolhouse Arts Center, Sebago Lake, ME 926-5693, 9am-4pm.

**Oxford Hills Music and Performing Arts Association** is holding auditions for the Rodgers & Hammerstein musical review A Grand Night For Singing and the Guy E. Rowe School, Main St., Norway, March 25 & 26, 6:30pm. 642-7840, 743-0464, 583-6767.

# focal point

## FOKO's Annual Bach Birthday Bash



Over six thousand pipes, from tiny ones to huge ones, make the Kotschmar Organ work. PHOTO BY DAVID ROSSIGNOL

The Friends of the Kotschmar Organ (FOKO) will celebrate the 318th anniversary of Johann Sebastian Bach's birth with two concerts on Tuesday, March 25th, at noon and 7:30 p.m., at Portland's Merrill Auditorium. The Windham Chamber Singers will be performing at the Bach Birthday Bash with Portland's Municipal Organist, Ray Cornils. General admission is by a suggested \$7 donation, no advance tickets are sold.

The program will be devoted entirely to the works of J.S. Bach, arguably the greatest composer for the organ. In addition to performing the famous Toccata in F major and Prelude and Fugue in C major, Ray Cornils will be joined by the Windham Chamber Singers in the opening movement of the Magnificat, arias from select cantatas and the chorale Jesu, Joy of Man's Desiring.

The Windham Chamber Singers is made up of 38 students, all of whom are enrolled at Windham High School. The singers are selected by audition and rehearse one evening a week. Each member is also required to sing in the 200-voice Concert Choir. The Chamber Singers have traveled extensively throughout the United States, Canada and Europe and have won numerous awards.

The Chamber Singers have also appeared on CBS This Morning, The Today Show and in their own prime time holiday special broadcast on WGME TV. They have performed for 2 Presidents, including a command performance at the White House for the Congressional Ball.

Ray Cornils serves as the Municipal Organist of Portland, Maine, a post that he has held since 1990. For the past sixteen years he has been the Music Director of First Parish Church, UCC in Brunswick, Maine where he leads an extensive music program of five vocal and two handbell choirs. In addition, he is a member of the music faculties of Bowdoin College, the Portland Conservatory of Music and the University of Southern Maine in Gorham where he teaches organ, harpsichord and related classes.

Given as a gift to the City of Portland by Portland native Cyrus H. K. Curtis in 1912, the Kotschmar Memorial Organ is celebrating its 91st season. The massive instrument is the nation's first municipal organ and has over 6800 pipes, 100 miles of electrical wiring and weighs 50 tons.

The Friends of the Kotschmar Organ was founded as a non-profit organization in 1981 to relieve the City of Portland of the tasks of raising funds for the organ's care and repairs. They present a wide range of concerts from classics to pops and silent films with organ accompaniment.

This year marks the thirteenth year for the FOKO Bach Birthday Bash. As at all FOKO events, no advance tickets are sold. Admission is with a suggested \$7.00 donation.

For further information, please contact FOKO executive director Russ Burleigh at Brown Fox Printing. 883-9525, or visit FOKO's website at www.foko.org.



## music directory

The Alehouse 30 Market St. Portland. 253-5100.  
American Legion Post #62 17 Dunn St. Westbrook. 856-7152.  
Amigo's 9 Dana St. Portland. 772-0772.  
Asylum 121 Center St. Portland. 772-8274.  
Barbara's Kitchen & Cafe 388 Cottage Road, South Portland. 767-6313.  
The Big Easy 55 Market St. Portland. 871-8817.  
The Big Kahuna Cafe 142 Main St. Bridgton 647-9031.  
Bowdoin College Chapel Brunswick. 725-3321.  
Bramhall Pub 769 Congress St. Portland. 773-9873.  
Breakaway 35 India St. Portland. 541-4804.  
Bridgeway Restaurant 71 Ocean St. South Portland. 799-5418.  
Brian Boru 57 Center St. Portland. 780-1506.  
Brooks Student Center University of Southern Maine, Gorham. 780-5003.  
Bull Feeney's 375 Fore St. Portland. 773-7210.  
Casco Bay Lines, Casco Bay Lines Terminal, 56 Commercial St. Portland. 774-7871.  
Cathedral Church of St. Luke 143 State St. Portland. 772-5434.  
Cathedral of the Immaculate Conception 307 Congress St. Portland. 773-7746.  
Center for Cultural Exchange 1 Longfellow Square, Portland. 761-1545.  
Chocolate Church Arts Center 798 Washington St. Bath. 442-8455.  
C.J. Thirsty's 726 Forest Ave. Portland. 775-6681.  
Civic Center Between Spring and Free streets, Portland. 773-3458.  
Clyde's Pub 173 Ocean St. South Portland. 799-4135.  
Commercial Street Pub 129 Commercial St. Portland. 761-9970.  
Cortell Concert Hall 37 College Ave. University of Southern Maine, Gorham campus. 780-5555.  
Crocker Theater Brunswick High School, Maquoit Road, Brunswick. 725-3895.  
David's Restaurant 22 Monument Square, Portland. 773-4340.  
Deertrees Theatre & Cultural Centre Deertrees Road, Harrison. 583-6747.  
Digger's 440 Fore St. Portland. 774-9595.  
Discovery Park L.L. Bean, Main Street, Freeport. (800) 559-0747 X37222.  
Downeast Restaurant 705 Route 1, Yarmouth. 846-5161.  
First Parish Church of Portland 425 Congress St. Portland. 773-5747.  
The Flatbread Company 72 Commercial St. Portland. 772-8777.  
Free Street Taverna 128 Free St. Portland. 772-5483.  
Geno's 13 Brown St. Portland. 772-7891.  
Granny's Burritos 420 Fore St. Portland. 828-1579.  
Gritty McDuff's 396 Fore St. Portland. 772-2739.  
Happy Cooking 78 Island Ave. Peaks Island. 766-5578.  
Headliners 35 Wharf St. Portland. 773-1570.  
The Igwana 52 Wharf St. Portland. 871-5886.  
The Industry 50 Wharf St. Portland. 879-0865.  
Jonathan's Restaurant 82 Bourne Lane, Ogunquit. 646-4777.  
Kennebunk Coffeehouse Routes 1 and 35, Kennebunk. 229-0212.  
Kresge Auditorium Bowdoin College campus, Brunswick. 725-3321.  
Liquid Blue 446 Fore St. Portland. 774-9595.  
Local 188 188 State St. Portland. 761-7909.  
Ludke Auditorium University of New England, 716 Stevens Ave. Portland. 797-7261.  
Mast Cove Galleries Mast Cove Lane, Kennebunkport. 967-3453.  
Mathew's Lounge 133 Free St. Portland. 253-1812.  
The Mercury 416 Fore St. Portland. 879-4007.  
Merrill Auditorium 20 Myrtle St. Portland. 842-0800.  
Moose Crossing Steakhouse 270 U.S. Route 1, Falmouth. 781-4771.  
The Music Hall 28 Chestnut St. Portsmouth, NH. (603)433-3100.  
Old Orchard Beach Pavilion 17 Prospect St. Old Orchard Beach. 934-2024.  
Old Port Tavern 11 Moulton St. Portland. 774-0444.  
Olin Arts Center 75 Russell St. Bates College, Lewiston. 786-6252.  
O'Rourke's Landing 175 West Benjamin Pickett St. South Portland. 767-3611.  
The Pavilion 188 Middle St. Portland. 773-6422.  
Plush 54 Wharf St. Portland. 774-9595.  
Portland Conservatory of Music 116 Free St. Portland. 775-3356.  
Portland Museum of Art 7 Congress Square, Portland. 775-6148.  
Portland Public Market 25 Freble St. Portland. 228-2000.  
Pub 21 (Fifties Pub) 223 Congress St. Portland. 771-5382.  
Rick's 100 Congress St. Portland. 775-7772.  
RiRa 72 Commercial St. Portland. 761-4446.  
The Roost Chicopee Road, Buxton. 642-2148.  
St. Lawrence Arts & Community Center 76 Congress St. Portland. 775-5568.  
Saco River Grange Hall Salmon Falls Road, Bar Mills. 929-6472.  
Sierra's Bar & Grill Routes 25 and 114, Gorham. 839-3500.  
Silver House Tavern 340 Fore St. Portland. 772-9885.  
Sisters 45 Danforth St. Portland. 774-1505.  
The Skinny Sky Bar 188 Middle St. Portland. 773-6422.  
Somewhere 117 Spring St. Portland. 871-9169.  
South Freeport Church 98 South Freeport St. Freeport. 865-4012.  
The Space 538 Congress St., Portland. 828-5600.  
Starbird Recital Hall 525 Forest Ave. Portland. 775-2733.  
State Street Church 159 State St. Portland. 774-6396.  
State Theatre 609 Congress St. Portland. 775-3331.  
The Station 272 St. John St. Portland. 773-3466.  
Three Dollar Dewey's 241 Commercial St. Portland. 772-3310.  
Top of the East 157 High St. Portland. 775-5411.  
Una 505 Fore St. Portland. 828-0300.  
The Underground 3 Spring St. Portland. 773-3315.  
The Well 369 Forest Ave., Portland. 828-1778.

## listening posts

### thursday

**The Alehouse**  
Soundbender (9pm/cover tba/21+)  
**The Big Easy**  
Granny's Rock Revival (2 bands/rock/9pm/\$5/21+)  
**Bramhall Pub**  
The Jerks of Grass (bluegrass/9:30pm/\$2/21+)  
**Brian Boru**  
Stream (Reggae/9pm/21+)  
**The Center for Cultural Exchange**  
Lunasa (celtic/irish folk/7:30pm/\$19)  
**Headliners**  
DJ Baby J (9pm/21+)  
**Moose Crossing Steakhouse**  
David Wells/Gerry Berry Quartet w/ Special Guests (7pm-10:30/no cover/all ages)  
**Old Port Tavern**  
Karaoke w/ Mike C (9:30pm/no cover/21+)  
**O'Rourke's Landing**  
Acoustic Open Mic w/Ken Grimsey & Ben Roy (9pm/no cover)  
**Sierra's**  
Karaoke w/ Stormin' Norman (9:30pm-12:30/21+)  
**State Theatre**  
Henry Rollins Spoken Word (8pm/\$18.50/\$20.00/reserved)  
**The Station**  
Karaoke Contest (\$prizes/9pm)  
**Three Dollar Dewey's**  
Ben Trout/Charlie Schmidt (6pm/no cover)  
**The Well**  
Potpourri Night (variety/7pm/no cover)

**friday**

**The Alehouse**  
3% (9pm/cover tba/21+)  
**Asylum**  
Paranoic Social Club, Vacationland, Loudermilk (9pm/cover tba)  
**Bramhall Pub**  
Karaoke w/ Don Corman (10pm/no cover/21+)  
**Bridgeway Restaurant**  
Bobby Lane (Piano/6-10pm)  
**Brian Boru**  
Pneuma (9pm/21+)  
**Bull Feeney's**  
Blues Hounds/Bailey's Mistake (9:30pm/no cover/21+)  
**The Center for Cultural Exchange**  
Tshibangu Kadima RumbAfrica (congolesic sousous/8pm/\$11)  
**Free Street Taverna**  
tba (9pm/cover tba/21+)  
**Geno's**  
The Welfare Mafia w/Collapsing Point (9pm/cover tba/21+)  
**Headliners**  
DJ Seanne (9pm/21+)  
**Immanuel Baptist Church**  
George Gershwin: A Celebration of Life (lecture/concert/\$10/\$5/FMI call 879-0071)  
**Old Port Tavern**  
Sly Chi (funk/dance/9pm/no cover/21+)  
**Ri-Ra**  
DJ Bobby Scritchfield (10pm/cover tba/21+)  
**Sisters**  
DJ (9pm/\$2/21+)  
**The Space**  
Vorcza (jazz/8pm/\$12/\$15/21+)

### State Theatre

Strangefolk (8pm/\$17.50/\$20)  
**The Station**  
Boston DJ's (dance/9pm)  
**Una**  
DJ Mike Said (house music/9:30pm/no cover/21+)  
**The Well**  
Ransom, Boomslang, Unscarred (5:30pm/\$7) DJ Darkhart (goth/industrial/10pm/\$5)

### saturday

**The Alehouse**  
Boombazi (hard-core funk/9pm/cover tba/21+)  
**Bramhall Pub**  
Jeremy Lester (10pm/no cover/21+)  
**Bridgeway Restaurant**  
Bobby Lane (piano/6-10pm)  
**Bull Feeney's**  
Desperate Avikados (up)/Bailey's Mistake (down) (9:00pm/no cover/21+)  
**The Center for Cultural Exchange**  
Huan Huu Tu-Throat Singers of Tuva (over-tone/8pm/\$19)  
**Free Street Taverna**  
tba  
**Geno's**  
Parabellum, Macrofuser, 3 Piston Hammer (9pm/cover tba/21+)  
**Headliners**  
DJ Baby J (9pm/21+)  
**Old Port Tavern**  
Sly Chi (funk/dance/9pm/no cover/21+)  
**Ri-Ra**  
Felix Brown (10pm/no cover/21+)  
**The Saco Coffeehouse**  
60 School St., at the U.U. Church  
FMI 883-4482 Camille Curtis and Her Jazz Group (7:30pm/\$7 donation)  
**Sisters**  
Top 40's DJ (8:30pm/\$3/\$5/21+)  
**Starbird Recital Hall**  
525 Forest Ave., Portland. 775-2733  
David Pontbriand Sitar Recital  
Featuring Shawn P. Russell (7:30pm/\$12)  
**Una**  
Ken Clark Organ Trio (9:30pm/no cover/21+)  
**The Well**  
We Change Our Name Every Show, Confustron (5:30pm/\$7)  
DJ Vu, DJ Jet Black (techno/10pm/\$5)

### sunday

**The Alehouse**  
Stream (Reggae/9pm/\$2/21+)  
**Brian Boru**  
Irish session music (3-7pm)  
**Free Street Taverna**  
Open Mic w/ Tyler of Sly Chi (9:30pm/no cover/21+)  
**Gritty McDuff's**  
The Grumps (6:30pm/cover tba/21+)  
**Portland Public Market**  
Tom Keegan (12pm-2pm/no cover)  
**St. Lawrence Arts and Community Center**  
Mom's Home Cookin' (classic folk/bluegrass/country/7:30pm/\$10)  
**The Station**  
Oldies Dance 1950-1980 (9pm/no cover)  
**Three Dollar Dewey's**  
Tom Kennedy (4pm/no cover)  
**The Well**  
Genesis Night (variety/7pm)

### monday

**The Alehouse**  
Swamp Donkey (6pm/cover tba/21+)  
**The Big Easy**  
Ryan McCalmon (9pm/\$3)  
**Free Street Taverna**  
Hip-Hop Open Mic w/ Boondox (9pm/no cover)  
**Old Port Tavern**  
Karaoke w/ Sid (9:30pm/no cover/21+)  
**The Station**  
Karaoke and Open Mic (9pm/no cover)

### tuesday

**The Alehouse**  
Open Mic Night (9pm/no cover/21+)  
**The Big Easy**  
Sly Chi (Funk/10pm/\$3/21+)  
**Bridgeway Restaurant**  
Al Doane Jazz Jam (7-10pm)  
**Bull Feeney's**  
Open Mic Night (8pm/no cover)  
**Free Street Taverna**  
Divine Maggees (9pm/no cover)  
**Geno's**  
Ladies' Night (21+)  
**Old Port Tavern**  
Karaoke w/ Sid (9:30/no cover/21+)  
**Three Dollar Dewey's**  
Jim Gallant (6pm/no cover)  
**Una**  
DJ Marcus (chilled out house music/9:30pm/no cover/21+)

### wednesday

**The Alehouse**  
A Band Beyond Description w/ special guests from Strange Pleasure (jam band/9:30pm/\$2/21+)  
**The Big Easy**  
Mike Taylor (funk/9:30pm/\$3/21+)  
**Breakaway**  
The Maine Songwriters Showcase (8pm/no cover/21+)  
**Downeast Restaurant**  
Port City Jazz (7-9pm/no cover)  
**Free Street Taverna**  
Green & Bosse (american roots guitar/drum duo/9:30pm/cover tba)  
**Geno's**  
Dr. Farren's Open Mic Music Clinic (7:30pm/21+)  
**Old Port Tavern**  
Karaoke w/ Mike C (9:30pm/no cover/21+)  
**Three Dollar Dewey's**  
Acoustic Open Mic Night (8pm/no cover)  
**The Well**  
Open Mic Night (8pm/no cover)

Got a gig? Is the next big thing coming to your club or venue? Casco Bay Weekly wants to know! Please send your music listings (including date, location, performer, genre, time and cover charge), to Listings, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101, fax: 775-1615, or e-mail: listings@mainemag.com. Please have listings in by the Thursday prior to the desired publication.

## music seen

### Henry Rollins Speaking...

BY WENDY SMITH

Henry Rollins is coming to town Thursday, March 20, 2003 at The State Theatre as part of his Spoken Word Tour. His spoken word tours have taken him around the world and have garnered him a large and loyal fan base. Rollins' incredible career stats include some 21 albums (under both the Black Flag and Rollins Band banners), 9 spoken word discs, 12 books, and a host of television appearances. I was able to get a hold of Henry via the phone recently while he was up in Canada to ask him a few questions. Even though Rollins may look intimidating, he is the nicest guy.

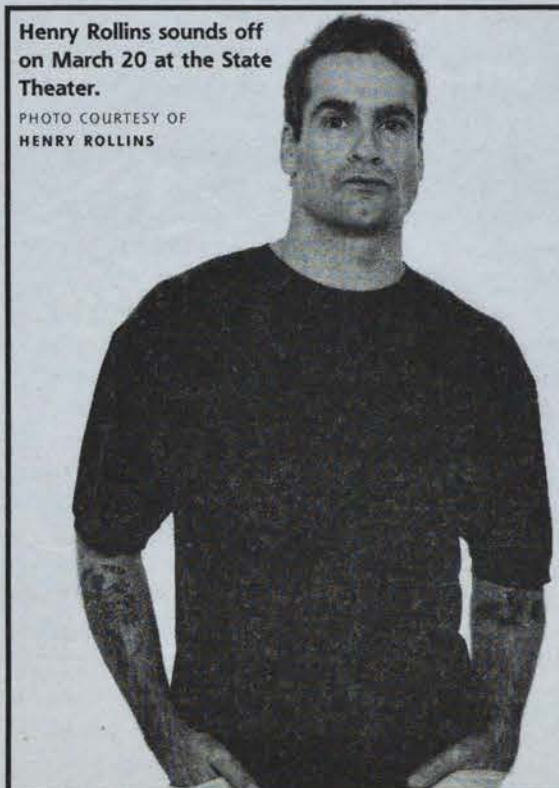
#### How would you describe your Spoken Word show?

I have been doing these kinds of shows, this talking thing, since November of '83. It started out that I would open for local poets in Los Angeles and they didn't know where to put me. Then [I worked with] performance artists types, and then I started doing my own shows. I never called it anything but me going up and talking. And then I saw the spoken word section at Tower Records. I was like, my record is in [that section], so there it is. And then you started hearing that term all the time. For myself, I just go up there; not exactly in an unorthodox manner, but in a Spaulding Gray type, you know — not a monologist, nor is it a comedian thing where it's a 14 minute rap that you rehearsed in the mirror.

#### Do you consider yourself similar to George Carlin?

He's a guy that I listen to, you know, and it's really not accurate to compare yourself; someone might misconstrue you [as thinking that you believe you're] on their level. Yeah, in that he's a comedian, but he is making a point. This is a guy that has raised up and befriended Lenny Bruce, so he's coming from that kind of thing. I admire his anger and his search for truth, and he mixes that with some comedy. He really kind of nails the human dilemma very well, and I don't know if I would call that humor right along the same lines of people [like] Chris Rock, who is just wickedly funny. George Carlin seems to be have a slightly different agenda rather than just laughs all the time.

I was raised on George Carlin records, early Bill Cosby records and early Warner brothers records. They just tell stories from the neighborhood, about how [they were] living and growing up. I got a lot from that. It was very funny. You just tell these stories and do all the voices. It's great stuff, but it's not the standard, telling joke after joke after joke like some stand up guy. I relate to that a lot more than the guy who has five minutes on some talk show and has to make you laugh like 14 times in five minutes. So I would put myself more in the George Carlin camp. But that guy is like Bruce Lee or something. He is really untouchable. He is way up there.



Henry Rollins sounds off on March 20 at the State Theatre.  
PHOTO COURTESY OF HENRY ROLLINS

#### What's one thing that not a lot of people know about you?

I'm boring. I have a lot of interests that don't require other people being around. I listen to music and I read books. I sit alone in a hotel room for like eight hours and pass time on my own with a notepad or a book or a laptop; I am not really much of a people person, so someone people might not know what I think. I don't really find myself all that interesting. As far as appealing [to] someone else, as far as them finding me interesting, I always try and warn them. Every once in a while someone will go "I would really like to get to know you," and I go "no; you think you do because you read a book you liked or you thought that thing was funny or you liked that song," but past that stuff there isn't much to know.

#### So do you think you are a normal person?

No, I am probably easily eccentric. I am not a weird in a 'don't trust your kids around me' kind of way, but I am really just interested in what I am interested in, the books I am into, the records I am into, the travel pursuits, and but I don't want a kid, a wife or a house in the suburbs. I am not putting that life style down, but it looks like it's been done enough; I would rather do something else. So that idea of normal I don't think does anything for me.

#### What is your impression of Maine?

It's not that I don't like Maine, but I really don't know much about [it]. I use to go to a summer camp in Maine when I was a kid. I also remember visiting somewhere up in Maine in the woods and thinking that it was really beautiful.

Tickets for Henry Rollins' performance at the State Theatre are available through Ticketmaster.

### Ani DiFranco Evolution hits Portland

BY AIMSEL PONTI

For the third straight year Ani DiFranco brought her fiery self to Merrill Auditorium last Friday on a cold night (quelle surprise!) in the city.

Having just released her latest creation, *Evolve* (Righteous Babe Records) last week, DiFranco opted to venture out on a solo acoustic tour, a throwback to her early days as a musician. Let me first say that I really love *Evolve* and consider it to be her best work in years. Not since 1995's epic *Dilate* has DiFranco dug so deep within herself and produced such an effective collection of songs. Both musically and lyrically *Evolve* strikes many chords. I've questioned her use of horns over the last couple of years but on *Evolve* they work as does the contributions of musicians such as Julie Wolf and Hans Teuber.

pulled out the old and beloved song "Anticipate" that the audience really perked up and responded. Her voice sounded superb though as did her mesmerizing way with an acoustic guitar. Perhaps it was the selection of songs, perhaps it was the shape of the moon that night. Whatever the reason, this show fell short, but the big picture remains the same. Ani DiFranco continues to be an insightful powerhouse of a musician and producer. With her own Righteous Babe label she has a slew of albums out of her own work and is slowly signing a repertoire of other artists. Until her next visit, *Evolve* should keep old fans reveling and should likely garner some new ones.

Before signing off it is a moral imperative to mention Ani's opening act. His name is Ed Hamell but he goes by the one man band name of Hamell



What happened, Ani? DiFranco's March 14 performance at Merrill was good, but not up to her usual high standards.  
PHOTO BY AIMSEL PONTI

From the first listening this album had it's claws in me with the musical textures and per-meating lyrics. Take for instance the 10 minute offering "Serpentine": "and the music industry is pimping girl power sniping off sharpshooters singles from their styrofoam towers."

This particular song was one of the stellar moments of last Friday's sold-out show at Merrill auditorium. However, at the risk of causing a rip in the fabric of Portland Ani lovers I hereby declare that this show overall didn't dazzle me. About halfway through her all too short set of not enough old material, this analogy came to me. The show for this fan was kind of like a run around back cove. Typically the first mile you're just kind of warming up, setting your pace, working the kinks out of your body and then into mile two you find that groove and rhythm and by the time you're back at the Hannaford parking lot you feel pretty damn good. It felt like Ani never made it past that first mile. Despite her ever-present smile and vigor there was a disappointment to the set.

It wasn't until the halfway point when she

on Trial. To say he's punk acoustic would be putting it mildly. This guy absolutely wailed on his guitar while singing sarcastically smart songs and keeping the audience on it's toes by dropping countless F bombs. It worked though and the room was at a near fever pitch with applause. Next thing you know tears are being choked back by some of us as he played a song that evoked the spirit of Mathew Shepard and other hate crime victims.

Hammer on Trial, strange name and all, tore through eight songs and walked off to a standing ovation. Funny as hell, edgy with a biting sense of humor and the optime of what an opening act should be, DiFranco clearly knew what she was doing when she brought him along and when she signed him to her label.

On the cold walk back to the car I knew I hadn't loved the show but that I would always go back to see her live as she won me over for good years ago. Next time perhaps she'll get to that two mile mark on stage. Until then, enjoy *Evolve* and give thanks that by the time you read this, the first day of Spring will be here.



## press box

### Big Green Addition At Hadlock Field

By Tom Keene

Long before the Portland Sea Dogs take the field at 6 p.m. on April 3, wearing the colors their new parent team, fans arriving at Hadlock Field will get a big green hint of the Sea Dogs new major league affiliate — if indeed there are some who haven't heard.

After nine seasons with the Florida Marlins, Portland will begin their tenth year at Hadlock as the Double A minor league team of the Boston Red Sox.

The first and most striking change from last season will be the 37-foot tall likeness of Fenway Park's famous Green Monster. The idea of Sea Dogs owner Dan Burke, Hadlock Field's new wall won't extend all the way into center field like Boston's wall, but General Manager and President Charlie Eshbach said, "People won't have any problem figuring out what it is."

Like the original Green Monster, the Hadlock version will contain the scoreboard but will carry no advertising. According to Sea Dogs Director of Public Relations Chris Cameron, there may be a logo on the wall later celebrating the tenth anniversary of the team's existence in Portland, but the ads will be concentrated in center and right fields, where a new tier of signs will be added. The former center field scoreboard will become a message center.

"Being affiliated with the Red Sox pretty much changed everything about the way we market the team," said Cameron.

He said that this season, the Sea Dogs will be promoted as the Double A minor league team of the Boston Red Sox. For the nine seasons with the Florida Marlins as their big league parent club, that affiliation was subtly downplayed, since few fans followed the distant Marlins. But Portland—indeed, all of Maine—is home to thousands of proud and faithful citizens of "Red Sox Nation."

It also changed the way advertisers viewed investing their money, especially in the program sold at the gates and in the stands. The program, containing Sea Dogs information and the scorecard, as well as advertising and promotions, will jump from 94 pages to 128 pages in the season that begins in less than three weeks.

"In the past, we did a lot of cold-calling to get advertisers," said Cameron. "Now, they're calling us!"

Another change involves the Sky Boxes which form a semi-circle high above the field between first and third bases. Previously named for Hall of Fame players, they will now bear the names of Boston Red Sox sluggers.

Two new light towers have been added, one in left field and the other near the picnic area along the right field line.

Sea Dogs radio broadcaster Todd Jamison, returning for his second season as lead announcer and third season overall, will travel to Florida for the Sea Dogs spring training camp in Fort Myers. Pitchers and catchers reported March 2, with position players following on March 7.

Jamison said last week that it is too early to know who will fill the Portland roster, but the Red Sox, with a relatively weak farm system, have been active over the winter in signing six-year free agents. These are veteran ballplayers who have been in the minors for at least six years and are not on any major

league team's 40-man roster.

"The Red Sox want to try to put a winner on the field in Portland," said Jamison. "They're committed to a winning situation this year."

While the final roster won't be named until a day or two before the team arrives at Hadlock Field, "we'll have an idea" of the look of the team by the middle of March, according to Jamison.

Joining Jamison for home games and selected road games will be Steve Pratt, who has been broadcasting for the Sea Dogs since 1998.

And in the public address announcer's booth, the voice that will tell the crowd what's happening on the field and in the stands will belong to Dean Rogers, the first and only PA voice of the Portland Sea Dogs.

A major change is an increase in the number of radio stations carrying Sea Dogs games. Up by five from last season, the 12 stations broadcasting Portland's games have made the team's network the second-largest in all of minor league baseball.

Only the Lexington, Kentucky Single A affiliate of the Houston Astros, with 17 stations, has a wider coverage area. This season, Dogs fans in both the Bangor and Augusta areas will be able to hear games on local radio. In addition, the Sea Dogs official website, plus SportsJuice and SportsZone will carry the games on the Internet. WMTW 870 AM will serve as the flagship station.

WMTW-TV will broadcast six games on Channel 8 this season, and NESN, which televises Red Sox games, will carry five games.

The first opportunity for fans to meet the new Sea Dogs will be at the annual Welcome Back dinner at the Portland Expo, which is scheduled for 5:30 p.m. on Wednesday, April 2. As in the past, the event will be sponsored by Youth Alternatives, a Portland-based organization that serves families through a variety of services.

At 6 p.m. on Opening Day, an as-yet-unnamed former Boston Red Sox player will throw out the first ball. And throughout the season, Hannaford Brothers will be sponsoring the appearance of a former Sox player to throw out the ceremonial first pitch. The excitement and anticipation of a great year on the field will begin, with the thrill of watching future Red Sox heroes playing just a few feet away from the intimate seats of Hadlock Field. This will replace the somewhat lesser thrill of seeing Marlins' prospects passing through Portland on their way to Calgary and Florida.

Jim Heffley, Assistant GM/Finance for the Sea Dogs, said that having the Red Sox as the big league parent club "has recharged all our batteries ... this rivals the excitement of 1994," the first season of minor league baseball at Hadlock Field.

Portland's first opponent this year will be the Trenton Thunder, last season's Red Sox Double A team. Now affiliated with the New York Yankees, the 2003 season will pit the Double A teams of baseball's most intense rivals. In the words of Cameron, "The rivalry continues ..."

### Something Fishy Going On at the Maine State High School Hockey Championships

By John Christian Hageny

If you were down at the Cumberland County Civic Center for the high school hockey championships, you might've caught a familiar odor.

The opening game pitted bitter rivals the Cape Elizabeth Capers and the Falmouth Yachtsmen fighting for the Western Class B Ice Hockey Title.

Just after Falmouth defenseman Jon Cronin scored to put the Yachtsmen on the board 1-0, somewhere amidst the crowd in attendance, a raw fish was tossed over the glass and splat on the ice.

Confused, the referee skated over to it and stopped. Then feverishly he motioned toward the Civic Center crew to as if to say: "you better come take a look at this."

After a short intermission while the crew scooped up the filet with a shovel, play resumed ... but not for long.

Cape Senior forward Sam McCarthy took a nice feed from Paul Kierstad and scored to tie the game 1-1.

This time, from the entire other side of the arena, an even bigger fish was heaved on the ice, but this one smacked solid on the ice and slid a good 10 feet across the Falmouth blue line. Needless to say the referee was not pleased.

"The bigger and the uglier the better," said Falmouth J.V. Coach Matt Starkey.

"Falmouth started doing it back during the 1996 playoffs. It's a University of New Hampshire thing, it started there."

To protect the culprit's true identity, and perhaps keep the fiery tradition alive, CBW has agreed to keep sources anonymous.

"He actually had to have teachers smuggle the fish in because he was being singled out by security after the first couple of times," added Starkey. "And aim is everything, one time he didn't make it (over the glass) and the patrons below weren't happy."

## Get in on the action at Portland Pirates' Hockey School

Monday, July 14 - Friday, July 18, 2003  
9am - 5pm; Session fee: \$275.00 per skater



One week on the ice at the Portland Ice Arena to develop skills for boys and girls ages 8 to 16. This five-day session has three hours of on-ice instruction each day. The focus of the instruction will be on skating, puck-handling, passing and shooting. Players will be divided into small groups based upon age and ability and all skill levels are welcome. This Portland Pirates Hockey School program will provide top quality instruction in a supportive learning environment to assist players in meeting and exceeding their ice hockey playing goals with an emphasis on individual skill development.

Application forms are available at the Pirates' offices at 531 Congress Street, at the Cumberland County Civic Center box office and on-line at [portlandpirates.com](http://portlandpirates.com).



## Books

### The Color Code: A Revolutionary Eating Plan for Optimum Health

By James A. Joseph, PhD, Daniel A. Nadeau, MD, and Anne Underwood

Reviewed by Todd Woody, Consumer Health Interactive

It's too bad this book used the word "revolutionary" in its title, because The Color Code's premise is not so radical after all. In sum, a diet rich in colorful fruits and vegetables bestows an abundance of vitamins, minerals, and plant chemicals that fight disease, aging, and even memory loss. It's just what your mother and father always told you: Eat your vegetables (and fruit) and you'll be strong and healthy.

It's an enormous relief to report that The Color Code is not, in fact, another fad food book cooked up by a celebrity "expert" in concert with a publishing house's corporate marketing department. The three authors bring bona fide scientific credentials to the table. James Joseph is lab chief at the U.S. Department of Agriculture's Human Nutrition Research Center on Aging at Tufts University and a former researcher at the National Institutes of Health. Dr. Daniel Nadeau, also a professor at Tufts, serves as clinical director of the Diabetes Center and Nutrition Support at the Eastern Maine Medical Center. The third author, journalist Anne Underwood, is a veteran health and medical reporter for Newsweek magazine.

Color is the key, according to the authors. The chemical compounds that make cherries red, blueberries blue, and spinach green also serve to protect human health, the authors say. These "phytochemicals" ("phyto" is the Greek word for plant) contain antioxidants that fight cell-damaging free radicals, those oxidizing ogres that accelerate the aging process and promote disease. Plant chemicals fight cancer, for example, in different ways: Some suppress cancer activity; others encourage precancerous cells to morph into a noncancerous form; still others suppress tumor development, block hormones that promote cancer, or stimulate protective enzymes.

Plants and vegetables also protect against heart disease, stroke, and other conditions, according to a recent study of 9,000 people by researchers at Tulane University. They found that people who ate at least three servings a day were 27 percent less likely to have a stroke or develop cardiovascular disease; they were 47 percent less likely to die of a stroke if they had one.

Which fruits and vegetables provide the best defense? The authors rate them according to their ability to absorb and neutralize free radicals.

Blueberries, for instance, rank near the top of the charts, with an ORAC score of 2,400. "They don't merely help prevent declines in old age. They actually appear to reverse some aspects of brain aging, at least in animal studies," the authors write, citing a study on how blueberries affect rats' cognitive abilities and motor skills. In that experiment, author Joseph fed aging rats a blueberry-intensive diet and then tested their reflexes in a "Rat Olympics." The result? The blueberry-fed rats significantly improved their ability to perform such tasks as walking on a beam and keeping their balance on a spinning rod. Those findings were corroborated by a similar study conducted at the Denver Veterans Affairs Medical Center.

The book divides fruits and vegetables into four-color schemes: red (strawberries, cranberries, tomatoes, and the like), orange-ye-

low (bananas, pumpkins, mangoes, and so on), green (spinach, avocados, asparagus), and blue-purple (plums, eggplant, grapes). The authors profile the most potent fruits and vegetables from each color group, listing their ORAC scores and disease fighting attributes.

Strawberries, for instance, score an impressive ORAC rating of 1,540 — the fourth highest among fruits — and contain properties shown to neutralize cancer cells in animals. Oranges may rack up an ORAC score of half that — 750 — but they contain a compound called hesperetin that slows the spread of viruses and lowers cholesterol levels. Bananas weigh in with an ORAC score of 221 and provide an excellent source of hypertension-fighting potassium.

Much-maligned broccoli brings home a rating of 890 and provides powerful cancer-fighting antioxidants. And get this: Watercress might seem like one of those whimsy greens you find in tearoom sandwiches, but it's a potential cancer fighter, rating an astounding ORAC score of 2,200. And don't forget the sweet potato, which scores 301. This staple of Southern cooking contains more of the antioxidant beta-carotene than carrots. It's also an excellent source of vitamin E.

The Color Code diet is pretty simple as well. The authors advise eating fruits and vegetables from the four-color groups each day — the fresher, more organic, and more colorful the fruit or vegetable, the better. They also recommend at least nine servings of produce rather than the more familiar five-a-day dictum. To make this easier, the book suggests eating three servings of fruits and vegetables at every meal — and with a cup of juice counting as one serving and a large salad as three, that's not as hard as it may seem. To keep readers on track, there is a scoring system to ensure they maintain the proper balance between the color groups. The guide even provides a sample seven-day diet.

But the authors are not food fascists. Recognizing that most people will not go cold turkey on their usual fare and immediately adopt a semi-vegetarian diet, they offer strategies for replacing unhealthy foods one meal at a time. That task is made easier by nearly 70 pages of recipes for tasty dishes ranging from Maine Wild Blueberry Soup to Crunchy Vegetable Burrito Banditos, many of which will help readers resist Big Mac attacks and wean themselves from traditional meat-and-potatoes menus.

Even the dedicated vegetarian will benefit from this book. All fruits and vegetables are not created equal, and there's a wealth of information here about their relative nutritional value.

The beauty of the Color Code approach is that you can do away with the typical CPA approach to your diet: accounting for every calorie, earning "points" for avoiding certain foods, losing them for indulging in others. As the authors write, "Instead of fretting over grams of protein and fat, start thinking whether the plate you've loaded up at the salad bar contains greens, reds, and oranges. That's not too difficult, is it? Ask yourself how you're getting blues and purples, too."

In other words, just veg out.

Re-printed in part from [www.ahelthyme.com](http://www.ahelthyme.com)

## paw print

### Adopt a Pet: Juneau

Stunningly handsome Juneau is a red and white Siberian Husky who has had the sad fortune of multiple homes and shelter visits in his short life. Juneau embodies the zest and spirit of his breed and is a wonderfully loving, animated dog! Among the staff, volunteers and those who have come to meet him, Juneau is a complete gentleman and possesses wonderful and adaptive kennel manners. Juneau is on the mellow side, with a beautiful, mournful howl. Like most Huskies, Juneau is highly social and adores being with people above anything else. It is a misconception that northern breeds prefer to spend their life in the backyard living a life of solitude; in fact, quite the opposite is true! Huskies tend to have a very low threshold of boredom, and will make their own fun and mischief if not provided plenty of opportunity to play, exercise and interact with their guardians. Cats and other small animals are typically a poor mix with this breed, given their high prey drive. In fact, one of Juneau's homes included feline roommates, hence his return to the shelter. Juneau is highly possessive of food and resources when it comes to other dogs, so for those with a multi-dog household this issue will be one of on-going management and conflict avoidance. A staff favorite, Juneau is a loving, spirited, confident dog eager to be the apple of someone's eye forever.

Juneau is available for adoption from the Animal Refuge League, 449 Stroudwater Street, Westbrook. (207) 854-9771 or [www.arlgo.org](http://www.arlgo.org).





# restaurant row

## American

**THREE DOLLAR DEWEY'S** A restaurant and pub with 70 different kinds of beer, full bar and hearty pub fare. Specialties include 3-alarm chili, smoked seafood chowder and our fish and chips, prepared with fresh haddock. We also serve a variety of burgers, nachos and many vegetarian entrees. Specials changing daily. 241 Commercial St., Portland. 772-3310.

**WOODY'S BAR & GRILL** Serving creative fast food cuisine. Featuring local natural beef and chicken, and focus on fresh local ingredients. Make sure to try the already famous "Woody Burger," and the soon to be famous Fish Tacos. Daily specials include natural steaks, vegetarian and vegan dishes, soups and wine. There's also gelato and other fresh desserts. Woody's serves this all up in a relaxed, cozy and casual atmosphere. "A burger joint in the best sense of the word," says *Portland Press Herald*. Open 7 days a week Sun-Fri 5pm-10pm, Sat at 4pm. 43 Middle St., Portland. 253-5251. [www.woodysburgers.com](http://www.woodysburgers.com)

**THE BREAKAWAY** Now open 12-5pm daily for lunch! Hearty pub fare including a fantastic barbecue on Wednesdays on the deck featuring burgers, ribs and steaks! Check out our changing menu daily. Smokers welcome. See our ad in the clubs section for date info on nightly entertainment! 35 India St., Portland. 541-4894.

## Asian/Chinese

**ORIENTAL TABLE** Szechuan, Hunan and Cantonese. We will prepare any of our dishes to your liking. We are happy to accommodate your special request; please let us know your preferences. We serve many vegetarian and heart-smart choices. Hrs: Mon-Thurs 11:30am-8pm, Fri & Sat 11:30am-9pm, Sun closed. 106 Exchange St. (top of the Old Port) Portland. 775-3388, Fax: 772-3388. **FOOD:★★★★/2**, (service:★★★★, VALUE FOR THE \$★★★★ from *Portland Press Herald-Go Cheap Eats*, Nov., 2000.

**WOK INN** Szechuan, Hunan, Cantonese and Thai. Excellent food, fast

and affordable. Choose from more than 130 delicious menu items. Eat in or take out. Delivery to Cape Elizabeth, Cumberland, Falmouth, Gorham, Portland, Scarborough, South Portland, Westbrook, Yarmouth. Hours: Sun-Mon 11:30am-9:30pm, Tues-Thurs 11am-11pm, Fri-Sat 11am-2am. 1209 Forest Ave., Portland. 797-9052 or 797-9053.

## Barbeque

**BEALE STREET BARBEQUE & GRILL** Under the bridge in Knightville, South Portland. Features hickory smoked and grilled meats, poultry, fish and seafood as well as creative daily lunch and dinner specials. Full bar featuring Maine microbrews on tap. Reservations are not accepted. Children are welcome. Open all day, seven days a week. 90 Waterman Drive, South Portland. 767-0130.

## Café

**BINTLIFF'S AMERICAN CAFE** (Serving Brunch Daily 7am-2pm.) Featuring... custom omelettes, tortillas, specialty benedicts, homemade granola and other American Fusion Cuisine. Full bar and everything is complemented by warm, comfortable Greek Revival surroundings. 98 Portland St., Portland (across from the Post Office.) 774-0005.

**FRIENDSHIP CAFE** Enjoy breakfast and lunch in a friendly, casual atmosphere. For brunch, over-stuffed omelettes, fresh quiche, pancakes and more served all day. Lunch includes a wide variety of soups and sandwiches. Daily lunch and brunch specials also available. Specialty coffee drinks. Rated ★★★★★ in *Go* magazine. Open Mon-Sat, 7am-2pm, Sun 7:30-2pm. 703 Congress St., Portland. 871-5005.

**THE WINE BAR & RESTAURANT** Enjoy the popular lobster brie ravioli or spicy crabcakes in the historic Old Port. We offer 120 labels on our wine list with 10 weekly changing wines, available by the glass, and cocktails too. Open 7 days at 5pm. 48 Wharf St., Portland. 773-6667. [www.cafetwharfstreet.com](http://www.cafetwharfstreet.com)

## Cajun

**BAYOU KITCHEN** Serving some of Portland's most unique cajun style b-fasts and lunches for 13 years. We now proudly offer dinner on Fri nights. Our dinner menu changes weekly and includes: Special Jambalayas, our Award Winning Gumbo and Beef Chili and caesar salad topped with blackened catfish. Call for this week's special! Sorry credit cards not accepted. See our review at [www.foodinportland.com](http://www.foodinportland.com). 543 Deering Ave., Portland. Open Mon-Sat 7-2 and Sun 8-2, Fri Dinner from 4:30-8pm. 774-4935.

## Continental

**BASIL'S RESTAURANT & LOUNGE** Basil's at the Highlander Inn, features creative continental cuisine as well as an excellent wine selection that offers traditional elegance combined w/ the warmth of home. Whether dining in our glass enclosed veranda, our main dining room, or just enjoying a cocktail in our lounge, you'll be pampered by the friendliness and dedication to excellence in service of our staff. 2 Highlander Way, Manchester, NH. (603) 625-6426.

## Delicatessen

**FULL BELLY DELI** "By George We're Good." Offering breakfast, lunch, dinner, catering and meats/cheeses by the pound. Choose from a variety of kosher style sandwiches such as hot pastrami, corned beef and chopped liver. Also, hot and cold sandwiches, burgers, pizza, soups, salads and more. Or, start your day with a breakfast sandwich, omelette or bagel. Mon-Fri 7am-7pm, Sat 7am-4pm Pine Tree Shopping Center. 772-1227.

## Eclectic

**100 CONGRESS** A True American Bistro, serving Tues-Sun with live music Sun evenings. Come join us on the East End and experience a

whole new side of Portland dining. Intuitive, creative and always changing. Everything a neighborhood restaurant should be. Call for reservations. 775-7772.

**THE ALEHOUSE** Featuring "Portland's Best Burger" in "Portland's Best Bar" (CBW Best of Portland readers' poll 2001 and 2002). Over 100 beers including homemade root beer. Now serving Bray's Beer! Open noon-lam daily. 30 Market St., Portland's Old Port. All Major Credit Cards. 253-5100.

**AURORA PROVISIONS** is a treasure located in the heart of Portland's West End at 64 Pine St. 1 1/2 blocks from Congress Street's Longfellow Square. Aurora is well known for delicious cafe lunches, gorgeous "take-home" dinners, off premises catering, exciting wines, unique gifts and free parking. Come see us mornings for great coffees and breakfast treats made daily. Open Mon-Sat 8am-6:30pm. 871-9060.

**BIBO'S MADD APPLE CAFE** Located right next to the Portland Stage Co. at 23 Forest Ave Bibo's features American Bistro Fare focusing on fresh local ingredients artfully presented. Bibo's also features an extensive eclectic wine list. Serving lunch Wed-Fri 11:30-2, brunch Sun 11-2:30 and dinners Wed-Sat from 5:30 and Sun from 4. Rated ★★★★★ by *Maine Sunday Telegram* and 5 plates by [foodinportland.com](http://foodinportland.com).

**BLACK TIE** continues to serve a casual yet intimate lunch. Monday through Friday in the Old Port. The take out cafe on Middle St. offers lunch and dinner, wines, desserts, hostess gifts and more. Always serving fine fare prepared by Maine's largest catering establishment. Black Tie Cafe Portland 761-6665; Black Tie To Go Portland 756-6200.

**CLAYTON'S GOURMET MARKET, CAFE & BAKERY** Coastal Maine's most unique gourmet market and cafe. A five-star lunch cafe with over-stuffed sandwiches, delectable soups and salads, as well as a full-service bakery. Bulk candies and chocolates for the young with fine wines, savory cheese, pates, fresh breads and gourmet groceries for the young at heart. Open Tues-Sat. 189 Main St., downtown Yarmouth 846-1117.

**DAVID'S CREATIVE CUISINE** An established Portland favorite, David's offers casual fine dining in a comfortable atmosphere. Featuring nightly specials made with the finest local ingredients, fresh baked bread and professional waitstaff. Extensive wine list, full bar and the best single malt scotch selection in Portland. Located on Monument Square across from the Portland Public Library, within walking distance to Merrill Auditorium. Reservations recommended. Lunch 11:30-4 Mon-Fri. Dinner 7 nights at 5pm. Sun night jazz 6-9pm. 773-4340.

**GREAT LOST BEAR** Full bar — now featuring 50 beers on tap. Extensive menu... sandwiches, soups, salads, platters. Lunch or dinner in the mysterious Woodlarks area. MC, Visa, Amex accepted. Parking. 540 Forest Ave., Portland. 772-0300.

**MAINE BEER & BEVERAGE** Now open, agency liquor store. Maine Beer & Beverage Co. located at 79 Commercial St. (across from Casco Bay Lines) is now an agency liquor store! Also find cigarettes, cigars, soda, juice, coffee, chips, snacks, wine, flowers and sundry items. Open 10am-8:30pm Mon-Sat, 11am-6pm Sun. 79 Commercial St., Portland. 828-BEER.

**PAT'S GROCERIA CAFE** Above Pat's Meat Market. Come and discover the jewel of Deering Center. Featuring rustic Mediterranean fare with fresh meats from Pat's Meat Market, fresh local seafood and local produce. Enjoy our beautiful second floor deck for an unforgettable treetop dining experience. Serving dinner Tues-Thurs from 5-9pm and Fri and Sat from 5-9:30pm. Deering Center, 484 Stevens Ave., Portland. 874-0706.

**PEPPERCLUB** 78 Middle St., Portland. Credit Cards • Free Parking • Open 7 nights • Chef Owned. Changing menu serving world cuisine. Homemade bread and soups. Local seafood and meat, chicken, vegetarian/vegan - entrees from \$7.95-\$13.95. Over 25 wines by the glass, organic wine and beer selections. CBD organic coffee, handmade desserts. Now open Sun and Mon at 5pm. 772-0531, FAX 879-9597.

## Japanese/Korean

**BENKAY** Sushi Bar and Japanese Restaurant. Known for premier quality sushi, traditional and fancy maki rolls, tempura, teriyaki, sukiyaki, shabu-shabu. Elegant dining for the discriminating sushi lover. Delightful vegetarian and cooked selections. Serving lunch and dinner; Rock 'N Roll Sushi Thurs-Sat until 1am. 2 India St., Portland (India at Commercial). 773-5555.

**OISHII JAPANESE FOODS** Quick, healthy Japanese-inspired foods to go! Choose hot entrees such as Katsu, Ramen, Yakisoba, Curry, Chahan, Udon, Ginger-Pork, just to name a few! We have the best California, Tuna, Spicy Tuna and Inari-zushi in town! Check in daily for

# restaurant row

our popular sushi and entree specials. Call-in orders encouraged. Portland Public Market. 25 Preble St., Portland. 228-2050.

**NARA SUSHI** NEW in South Portland! Treat yourself to exquisite Japanese and Korean cuisine, featuring a full range of Sushi, sashimi and maki as well as favorite Japanese and Korean dishes presented by New York sushi chef Kazo Ozaki. Open Mon-Sat 11:30am-2pm for lunch, 4pm-10pm for dinner and Sun 4pm-9pm. 50 Maine Mall Road, South Portland. 772-0006 or Fax 772-4440.

## Mexican

**AMIGOS** Maine's first Mexican restaurant. Celebrating 25 years in the Old Port. Full Bar - Happy Hour 4-8, Microbrew specials. House specialty. Beef, Chicken Habanero dinner (not for the faint of heart.) Hours: Lunch: Tues-Sat 11:30am-2:30pm, Dinner: Tu-Th 5-9, Fri & Sat 5-10. Lounge & Patio: Sun-Mon 4pm-1am, Tues-Sat 11:30am-1am. Take out available. 9 Dana St., Portland. 772-0772.

**GRANNY'S BURRITOS** All of your Mexican favorites featuring Portland's Best Burritos. Everything prepared w/fresh ingredients & made daily on premises. Start w/ nachos or quesadillas, then try one of our burritos (chicken mango, sweet potato, vegan, beef, etc.) or create your own! Beer & wine, music upstairs in Granny's Attic. M-Th 11-10pm, F 11-12, Sat 12-12, Sun 12-9. 420 Fore St. 761-0751.

## Seafood

**J'S OYSTER** Enjoy white linen quality dining in a relaxed atmosphere with a lovely view overlooking Portland's working harbor. Savor our specialty shellfish and pasta dishes and much, much more. MC/Visa/Discover accepted. Parking in adjacent lot. 5 Portland Pier, Portland. 772-4838.

**GILBERT'S CHOWDERHOUSE** Enjoy fresh Maine seafood and award-winning chowders in a casual atmosphere. Daily lunch and dinner specials including all-you-can-eat Friday Fish Fry 11am-4pm only \$6.95. Full bar featuring local microbrews. Take out menu available and all

major credit cards accepted. 92 Commercial St., Portland. 871-5636.

## Steakhouse/Seafood

**MOLLY'S STEAKHOUSE & IRISH PUB** Specializing in choice sirloin steak, prime rib, and Shepherd's Pie. Molly's is an Old Port favorite. Serving hearty pub fare including Molly's Mile High Reuben. Molly's accepts most major credit cards. 46 Market St., in the Old Port, Portland. 761-4904.

## Thai

**THAI TASTE** Distinctive Thai Cuisine. Rated ★★★★★ for Food, Atmosphere & Service by *Portland Press Herald*. Winter Hours: Lunch: Mon-Sun 11:30-2:30pm; Dinner: Sun-Thurs 4:30-9pm; Fri & Sat Hours: 4:30pm-10pm. 435 Cottage Road, South Portland. Across from Portland Theater. [www.thaitastemaine.com](http://www.thaitastemaine.com). 767-3599.

**WOK INN** Szechuan, Hunan, Cantonese & Thai. Excellent food, fast and affordable. Choose from more than 130 delicious menu items. Eat in or take out. Delivery to Cape Elizabeth, Cumberland, Falmouth, Gorham, Portland, Scarborough, South Portland, Westbrook, Yarmouth. Hours: Sun-Mon 11:30am-9:30pm, Tues-Thurs 11am-11pm, Fri-Sat 11am-2am. 1209 Forest Ave., Portland. 797-9052 or 797-9053.

## Vegetarian

**LOIS' NATURAL MARKETPLACE DELI & CAFE** Enjoy what free muffins and scones from our bakery. Great vegetarian soups and other vegetarian and vegan house specialties including: vegetarian stuffed cabbage, sweet 'n sour meatballs, grilled tofu and organic greens. For lunch: organic green salads and roll up sandwiches. Simply the best natural foods deli anywhere. Dinners to go also available. Deli open daily. Cafe open 8:30am-6pm Mon-Fri. 152 US Route 1, Scarborough. 885-0902.

Doing what all the good ones do, only better

"Ginger Crispy Duck" Half a roast duck had been boned and chopped into bite-size pieces-fabulous, crispy skin intact that sat among stir-fried mushrooms, red peppers, and slivers of onion. The dark black bean sauce had been further livened up with fresh ginger. Here was another memorable flavor parade, this time showcasing delicious pieces of duck."



"The house special red curry arrived in a white china gratin dish, full of shrimp and plump, sweet sea scallops, both of which were just cooked through and wonderfully tender."

Food: ★★★★★

Atmosphere: ★★★★★

Service: ★★★★★

## WINTER HOURS

Lunch: Mon - Sun 11:30-2:30pm  
Dinner: Sun - Thurs 4:30-9pm  
Dinner: Fri - Sat 4:30pm-10pm  
435 Cottage Road • So. Portland  
Across from Portland Theater  
767-3599 [www.thaitastemaine.com](http://www.thaitastemaine.com)



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In Italian we'd say:

*Sentimi!*

(SEHN-tee-mme)

that means:

Listen to me!



Have Lunch at the  
Portland Public Market  
at Anthony's

The photo and quote above are an example of how Italians communicate without speaking a single word using body language reprinted from the book *Italian Without Words* with permission from Meadowbrook Press. © 1989 by Don Cangelosi and Joseph Delia Carpin. Available now at Anthony's Italian Kitchen.



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# free will astrology

Week of March 20 • ©2003 Rob Breznys

**ARIES (March 21-April 19):** When you're at your best, Aries, you see the cracks in the facades as opportunities; you get giddy as you career over bumps in the road; you love the enticing magic that flows from situations that other people regard as rough or crooked. Since you will soon be at your best again, I expect you'll be encountering a surge of juicy serendipity. Here's a quote to incite you, courtesy of Aries poet Charles Baudelaire. "That which is not slightly distorted lacks sensible appeal: from which it follows that irregularity - that is to say, the unexpected, surprise and astonishment, are essential parts and characteristic of beauty."

**TAURUS (April 20-May 20):** One of your reliable tools isn't broken yet, but I advise you to fix it before it is. A power failure will occur soon unless you take steps to prevent a system overload. The monster in your closet is still safely asleep, which is why I urge you to call in an exorcist or exterminator now, before it wakes up. Are you catching my drift, Taurus? Because you've been smart and lucky enough to tune in to this horoscope, you have all the forewarning you need to prevent a crisis.

**GEMINI (May 21-June 20):** You know how a song can get stuck in your head and won't leave you alone? The astrological omens say you'll be unusually susceptible to this phenomenon in the coming week. I suggest, therefore, that you immediately begin working to ensure that you'll be invaded by only the most inspiring and motivating songs. As soon as you're finished reading this horoscope, make a list of your top five, then hum them for a while. Want some suggestions? How about "Clean Out My Closet," by Eminem or "I See God in You," by India Arie? Or maybe "The Miseducation of Lauryn Hill," which ends with the lines "Deep in my heart the answer was in me/ And I made up my mind to find my own destiny."

**CANCER (June 21-July 22):** Just before my friend Juliana received the phone call informing her she'd gotten the dream job she'd applied for, she'd been devoutly depressed, reading tabloids and eating doughnuts in her pajamas at 2 p.m. When my friend Jessie got the call informing him he'd been chosen as a back-up singer for the world tour of a group he'd idolized for years, he was recovering from a nasty hangover while playing video games with his 10-year-old nephew, whose family was letting him freeload during his fifth month of unemployment. I'm not saying the lightning bolt that will illuminate your world will be as dramatic as these two examples, Cancerian; but a lightning bolt is a lightning bolt.

**LEO (July 23-Aug. 22):** In his book *Animals and Psychedelics*, ethnobotanist Giorgio Samorini proves that many animals deliberately alter their consciousness. His evidence includes robins that get drunk on holly berries and act "like winged clowns," as well as goats that are dependent on caffeine and reindeer that seek out hallucinogenic mushrooms. Samorini concludes that the desire to get high is a natural drive. He suggests that intoxication has served as an evolutionary force for some species, breaking down outworn habits in such a way as to improve long-term survival. All this is prelude to my advice for you, Leo: You now have a cosmic mandate to shed your shucks and expand your awareness. Since you're not just an animal, but also an ingenious human, you don't have to resort to drugs and alcohol to do it. But you should do it.

**VIRGO (Aug. 23-Sept. 22):** Many otherwise intelligent people cling to a perverse model of intimacy articulated by Norman Mailer. As reported in Leah Garchik's column in the San Francisco Chronicle, Mailer described marriage as "an excretory relationship, in which you take all the crap you hide from the world and dump it on the person closest to you. But the proviso is that you have to be willing to take theirs." If your approach to intimate communion has even a shred of this vulgar stupidity, Virgo, you're now in prime time to banish it from your repertoire forever. You'll attract uncanny luck and inspiration whenever you work in a way opposite to Mailer's; that is to say, when you train yourself to call up all the beauty you hide from the world and offer it up to the person closest to you.

**LIBRA (Sept. 23-Oct. 22):** Your word of power in the coming weeks will be "stretch." Intone it as a mantra 55 times a day and write it in red ink on an index card that you keep in a prominent place in your environment. In addition, Libra, I urge you to regularly embody these three meanings of "stretch:" 1. to make longer, wider, or bigger without breaking or tearing; 2. to straighten and extend your body to its full span so as to increase circulation and forestall cramps; 3. to carry out a demanding task that requires you to enlarge your capacities or go beyond what you thought was possible for you to do.

**SCORPIO (Oct. 23-Nov. 21):** You've been very resourceful in your efforts to push love to a new frontier, Scorpio. You've been an artist in the way you've reinvented passion and you've been a pioneer as you've dared to explore collaborations that require you to leave your comfort zone. Congratulations! Now I want to give you a tip that'll help ensure you don't undo all your good work. During the next three weeks, meditate often on these words, originally penned by poet Percy Bysshe Shelley: "Love withers under constraint: its very essence is liberty: it is compatible neither with obedience, jealousy, nor fear: it is there most pure, perfect, and unlimited, where its votaries live in confidence, equality, and unreserve."

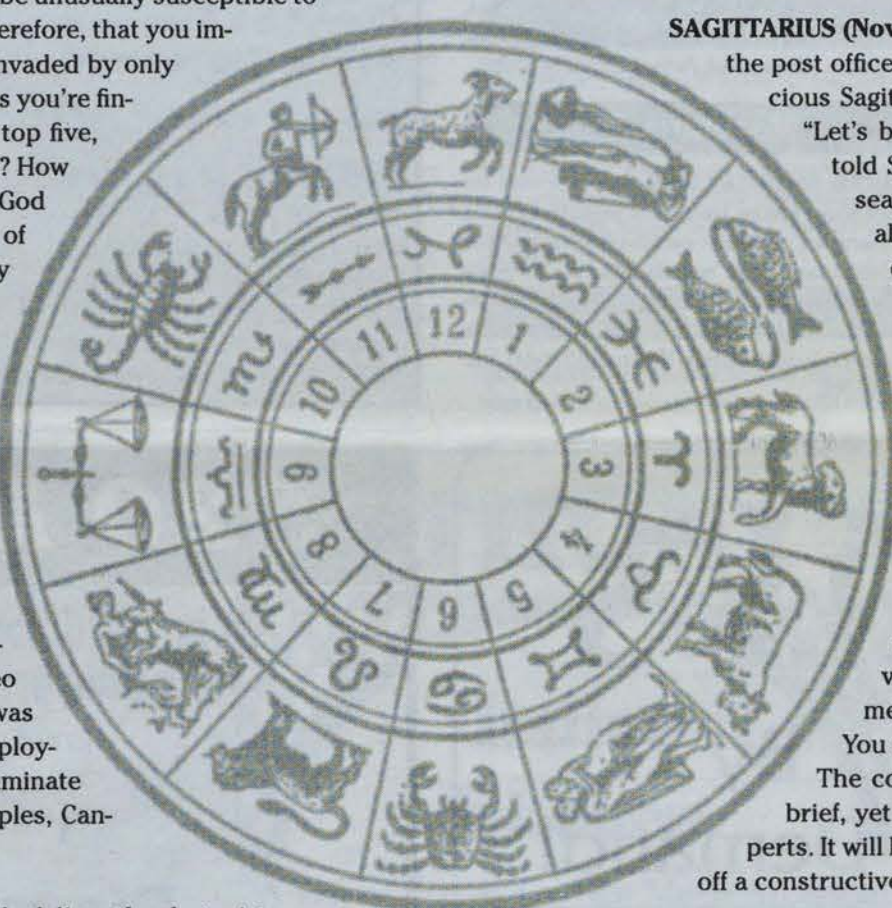
**SAGITTARIUS (Nov. 22-Dec. 21):** I found a love note in the trashcan at the post office. It was addressed to "My Succulent, Surging, Sagacious Sagittarius" from "Your Perfectly Imperfect Instigator." "Let's be radically curious explorers together," Instigator told Sagittarius. "Let's bushwhack through the wilds in search of the rawest truths that the laws of nature will allow us to dive into." I was shocked to find this thing discarded. What Archer in his or her right mind would throw away such a provocative invitation? Please don't do anything resembling this mistake in the coming weeks, even if your potential collaborator is "perfectly imperfect."

**CAPRICORN (Dec. 22-Jan. 19):** I'm not writing this horoscope, Capricorn. You are. I'm channeling it from the depths of your innermost mind. Why? Your conscious ego has been so caught up in the daily whirl that it has been steadfastly ignoring an important message from your still, small voice, which is why your still, small voice has drafted me to be its envoy. Here's what it wants you to know: You desperately need to tune in to the still, small voice. The communiqué it has to convey to you is simple and brief, yet richer than 30 hours' worth of advice from 30 experts. It will help you save an enormous amount of time and pull off a constructive cosmic joke.

**AQUARIUS (Jan. 20-Feb. 18):** It's one of those blessed times when you'll heighten your attractiveness by thinking more deeply; when pursuing higher education will help you create conditions in which you can better satisfy your desires; when you can make yourself sexier by becoming smarter, and vice versa. In the spirit of this happy confluence of id and intellect, I offer you a few librarian pick-up lines, gleaned from www.lisnews.com. 1. "I'd luuuuuu to check you out." 2. "I couldn't help noticing what a great book bag you have." 3. "Are you a librarian, because when you walked in the room I knew I was overdue."

**PISCES (Feb. 19-March 20):** Back in 1985, when my roommate Arlena asked her new acquaintance, Joey the escaped convict, to stay at our house for a few weeks, I overcame my propensity to be an overly patient, absurdly accommodating doormat. "There is no way in hell that Joey will ever spend even a night here," I told Arlena firmly, and despite her protests, I prevailed. I have an intuition that you will receive a comparable opportunity to exercise a strong and lucid new version of your willpower in the coming week, Pisces.

**Homework:** Send ideas for April Fool's jokes to Uplifting Pranks, Inc., in care of [www.freewillastrology.com](http://www.freewillastrology.com).



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**1-800-972-3155 for a customer service representative or**  
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## Female Seeking Male

**52-YEAR-OLD NURSE, TALL,** attractive, spontaneous, adventurous, green eyes, brown hair. I enjoy romantic dinners, walks on the beach, cottages, fairs and travel. #85177

**ATTENTION WORTHY, CARING,** attractive, good-natured, petite, health professional. Yearning to share journey with kindhearted, honest, outgoing, available, secure professional. Sense of adventure, positive outlook, good health, light baggage mandatory. Enjoy ocean, cross-country ski, live entertainment, snowshoe. Please be N/S, 48-60. #85008

**ATTRACTIVE DWF, LATE 40s, 5'8",** seeks clean-cut SM, late 30s to early 50s, for LTR. Loves good movies, dancing, dining, cooking, boating, fishing, camping, picnics, scenic walks or drives or just cuddling in front of a good movie. Portland, #85032

**CARING, SPIRITUAL WOMAN, 40-ish,** looking for life that is sharing, giving, fun, with Man, 40-48. Enjoying life that's not greedy, materialistic or self-serving. #85035

**CONTENTED LADY, 54,** spontaneous, athletic, compassionate, n/s, tracker, roller skater, movies, rider, hiker, motorcycles, looking for bighearted, n/s, (45-56), hound man for company. #85021

**IF YOU LIKE** a variety of food, music, fun, adventure, travel, movies and shows, you might like me, too! I am slender, attractive, baggage-free with no children, looking for a real relationship, race unimportant. I'm a very young 44-year-old, N/S, L/D, #85025

**LET'S MEET!** Are your nights cold like winter? Let's get together like summer. SWF, 43, enjoys walking hand in hand, rollerskating, movies, dining out, dancing and car racing. ISO SWM, 33-53 with similar interests, for friendship, LTR. Portland area. #85011

**LOOKING FOR YOU, DWF,** light brown shoulder length hair, blue eyes, 143 lbs, 5'5", N/S. Enjoy dancing, dining out, gardening, plays, travel and more. Seeking S/DWM, attractive, 45-52, honest, good sense of humor, similar interests. #85014

**SWF, 38, LONG blonde/blue,** smoker, loves NASCAR, Jeff Gordon and whatever comes along. Wishes to meet nonjudgmental, open-minded Man, light smoker and drinker ok, for good times. #85178

**TIRED OF BEING** lonely? Plus-sized SWF, 42, brown/haaz, enjoys dining in or out, NASCAR, slow dancing, movies, walks on the beach and quiet evenings. Desires S/DWM, 40-50, for friendship, LTR. Portland area only. #85007

## Male Seeking Female

**37-YEAR-OLD, VERY NICE,** handsome, intelligent, athletic and financially secure. Enjoys skiing, golfing, sports, fitness and being with friends. Seeks slender, sexy, intelligent, fun, 25- to 37-year-old SWF with similar interests. For dating, possible LTR. #85013

**A HOME AND A relationship.** ISO a loving young Lady for a lasting relationship. I'm handsome, 40s, romantic, easygoing and willing to share my life and my home with a loyal Lady. #85018

**ATTRACTIVE, EASYGOING SINGLE** dad of one teen, 5'9", 170 lbs, black/brown, athletic build. Likes travel, sports, beaches and life! ISO attractive, petite, feminine Female, 5'4" or under, 30-40, who likes to laugh and enjoys life in general, with similar interests. #850022

**ATTRACTIVE, OUTGOING DWM,** dad of two, 5'10", 185 lbs, black curly hair, athletic build. Likes travel, long walks, skiing, quiet times, dancing. Looking for S/DWF, 30-45, attractive, romantic and affectionate, with a little spiffie and similar interests. #85030

**BE MY FRIEND,** shy, 39-year-old BM, homebody, looking for a Woman who enjoys dining in or out, movies, walks on the beach, holding hands and conversation. #85005

**DWM, 35, SEEKING SF** between 18 and 40, for dating, possible relationship. I enjoy camping, outdoor activities, going out or just staying home. #85172

**GREAT QUALITY TIME** and great benefits. Are you absolutely, positively looking for someone? Are you 40-60, n/s, n/drugs, light drinker? Are you fit, decent, honest, loyal, dependable, open, flexible, outgoing, communicative and romantic? I'm all of that plus. It's your move. #85003

**HAPPY, FUN WWWIW,** 50, soft-spoken, 6', 180 lbs, light brown hair, blue eyes, N/S, N/D, n/drugs, very active, financially secure, owns small farm. Enjoys fishing, gardening, yard sales, flea markets, shopping, going up the mountains. Seeking honest, sincere SWF for LTR. #85001

## Male Seeking Female

**HI, LADIES! DOWN-TO-EARTH,** spontaneous, honest, caring, 49-year-old Male, 6', 170 lbs, brown/brown, 36" waist, one-Woman Man, certified PC tech, well-educated, honorably discharged from service in '74, many varied interests. Looking for lovely Lady to spend time with. No games. #85151

**I AM 5'3", 120 lbs,** black hair, brown eyes, starting a well-trimmed beard, like doing anything, very spontaneous and do things on the spur of the moment. Love long walks, candlelit dinners. Seek small, petite Lady with similar interests. #85153

**LIKE TO LAUGH?** Are you artistic? Fairly fit? Then I've got just what you've been looking for! Now you may expect to pay 200 to 300 dollars for this but for a limited time only, you can have me free! #85031

**LOVELY WINTER NIGHTS,** SWM, 27, 6'2", 241 lbs, brown/blue. ISO friend into average looks, 24-27 SWH/F, N/S, N/D, drug-free and healthy. I'm honest, caring, compassionate, romantic. Open to your interests. LTR. No games, please. #85174

**MAGICALLY UNBELIEVABLE** Man, 40, bighearted, family-oriented, sharp, spontaneous, self-employed, like sports, tons of TLC, candlelit dinners, fun. Seeking partner, soulmate to share fine things in life. You'll be pleasantly surprised! (MA) #85009

**NEAR WATERFORD,** ISO S/DWF who is artistic, honest and chemical free. I live in the woods without electricity. 35-year-old DWM who is kind, intelligent, with a good dry sense of humor. #85010

**PLUS-SIZED LADY, TALL,** very-good-looking Male seeks pleasant, plus-sized Lady for good times. Must be very healthy. Red-head a plus. Please be discreet. Call now, let's talk! #85023

**ROSES, CARROT CAKE,** SWM, 6'1", grayish hair and beard, light blue eyes, physically, emotionally and spiritually fit. SOH, romanticist. Seeking attractive SWF, 49-55, who is also seeking a partner and knows she deserves love and nothing less. #85154

**RUGGED, ATTRACTIVE OUTDOORSMAN,** kindhearted writer, 5'7", 175 lbs, dark hair, beard, likes fishing, camping, hunting, NASCAR, sports, kids, movies, cooking. Seeks family-oriented Lady, 40-50, romantic, young-at-heart, attractive, with similar interests, for dating, possible relationship. #85026

**SEEKING SOULMATE, CHRISTIAN DWM,** 48, 5'6", outdoorsman, hiker, surfer, star grazer, nonmaterialistic, mountain and ocean. Seeking Christian, petite Female for LTR. #85170

**SINGLE WHITE MALE, 46,** seeking Single Female for discreet times. #85166

**SUPER SENIOR! I'M 5'9", 165 lbs,** physically and financially secure, ISO slender, athletic Lady, in her 60s, to join me in tennis, golf, travel and more. Let's meet in my darkroom and see what develops. Greater Portland area, please. #85017

**WM, 45, SEEKS** nice, warm, sweet Lady for friendship and hopefully more. Love country living, horses, cattle, vegetable gardens, cooking, cleaning. Me: sorta long, groomed brown hair, brown eyes, 210 lbs, 6', family-oriented. Long walks, sunset. #85034

**YOUNG-LOOKING, HEALTHY, CLEAN-CUT SWM,** 36, 5'11", 170 lbs, friendly, outgoing, open-minded, wishes to meet marriage-minded (or not), younger, healthy, fit Female companion, 18-25, for LTR. I would like to have kids of my own. #85157

## Alternatives

M to M

**43-YEAR-OLD GOING ON 23** (spiritually at least anyway). Looking to meet friends to enjoy outdoors, music and ten thousand other things. Looking to hang with Guys in their 20s-40s, perhaps meet over a cup of coffee and see what brews. #85000

**A HELPING HAND,** BWIM, mid-40s, tall, good-looking, very healthy, seeks other BM's and other Married Couples needing that hand to make all their dreams come true. Be very discreet. #85022

**BRUNSWICK AREA, HUMOROUS,** young-looking GWM, 52, 5'6", 165 lbs, brown/brown, ISO honest, sincere, loving SM, 45-55, N/S, N/D. Call me and let's get together. All calls will be returned. #85152

**GWM, 49, 5'6", brown/blue,** 140 lbs, romantic, passionate, humorous, into quiet dinners, cuddling by the fire, dancing and just having fun. Put the song back into my heart. Personality first, looks secondary. #85029

**GWM, BOYISH, SOUTHERN** Maine, 34, 5'7", 134 lbs, brown/brown, healthy, weightlifter, six-pack abs, hardworking, drug-free and healthy, n/s, straight-acting. Looking for same, 35-42, hardworking, relationship-oriented, healthy, honest, sincere, good-looking. #85004

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**or purchase a prepaid Block-of-Time to use on the 900# service with credit card:**  
**1-877-811-5515**

## Alternatives

**I'M A 40-YEAR-OLD,** masculine Male hoping to meet Male, 50+, who is also mature and comfortable with himself, for meeting and possible LTR. #85156

**LEWISTON MASTER GWM,** top, 39, ISO thirtysomething GWM, bottom, you be clean-cut, H/W/P, versatile, spontaneous, sense of humor, willing to be dominated in or outdoors. LTR for right Male. To enlist, call. Honesty is the best policy. #85028

**THIS 39-YEAR-OLD, GOOD-LOOKING GWM,** 6', 185 lbs, is seeking other joie de vivre. Enjoys working out, fitness, outdoors, cycling, traveling, movies, cafes, good conversation. Seeking other Guys between 35 and 45, with similar interests. #85015

**YOUNG GAY MALE,** 18-25, needed for attractive, healthy BM, 60. I am a stay-at-home Man who enjoys movies, sports and your services. Be healthy, feminine and no attitudes, under 5'8" and no overweights. #85173

## Wild Side

**41-YEAR-OLD MALE LOOKING** to find Females, males or both to enjoy nudist and sexual adventures. Uninhibited and willing to satisfy. Let's get naked and go from there. #85012

**ATTRACTIVE, EASYGOING WOMAN** desires a mature Gentlemen for a creative relationship. Discretion guaranteed. #85176

**BI WHITE MALE, 45, 6', 190 lbs,** into cross-dressing, seeking others who are also into cross-dressing. #85161

**BICOUPLE SEEKING BIFEMALE,** for kinky fun. We love adult movies and toys. We are discreet and healthy. Age and race not important. Let's get together. #85016

**IF SIZE MATTERS,** Ladies, if you are bored with the average Guy and want something special, this tall, good-looking Male is waiting to give you something to smile about. Please be very healthy and discreet. #85027

**MALE, 42, NUDIST,** looking for a Female who is interested in nudism, 20-35, with a Britney Spears type body. #85155

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# for the record

Physical inactivity contributes to 300,000 preventable deaths a year in the United States. Some 40% of deaths in the United States are caused by behavior patterns that could be modified. A sedentary lifestyle is a major risk factor across the spectrum of preventable diseases that lower the quality of life and kill Americans.

Significant health benefits can be obtained by including a moderate amount of physical activity (e.g., 30 minutes of brisk walking or raking leaves, 15 minutes of running, 45 minutes of playing volleyball). Additional health benefits can be gained through greater amounts of physical activity.

Physical activity has been identified as one of the Leading Health Indicators (LHI) in Healthy People 2010, the government's published health goals and objectives for the next decade.

Moderate daily physical activity can reduce substantially the risk of developing or dying from cardiovascular disease, type 2 diabetes and certain cancers, such as colon cancer. Daily physical activity helps to lower blood pressure and cholesterol, helps prevent or retard osteoporosis, and helps reduce obesity, symptoms of anxiety and depression, and symptoms of arthritis.

Cardiovascular disease (heart attacks, strokes) is the number one killer of men and women in the United States. Physically inactive people are twice as likely to develop coronary heart disease as regularly active people. The health risk posed by physical inactivity is almost as high as risk factors such as cigarette smoking, high blood pressure, and high cholesterol.

Nearly half of American adults (4 in 10) report that they are not active at all; 7 in 10 are not moderately active for the recommended 30 minutes a day, 5 or more days a week.

Poor diet and inactivity can lead to overweight/obesity. Persons who are overweight or obese are at increased risk for high blood pressure, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, respiratory problems and some types of cancer.

Poor diet and inactivity can lead to diabetes. Seventeen million Americans have diabetes right now and 16 million more have pre-diabetes. Each year, there are 1 million new cases, and nearly 200,000 people die from diabetes. The cost to the economy is \$100 billion annually in direct and indirect medical costs.

The percentage of adults in the United States who were overweight or obese (body mass index greater than 25) in 1999 was 61%. Overweight and obesity cuts across all ages, racial and ethnic groups, and both genders.

Overweight among children and teens has doubled in the past two decades; 13% of children aged 6 to 11 years and 14% of adolescents aged 12 to 19 years were overweight in 1999. This prevalence has nearly tripled for adolescents in the past 2 decades.

The cost of overweight and obesity to the economy is \$117 billion annually in direct and indirect medical costs.

The major barriers most people face when trying to increase physical activity are time, access to convenient facilities, and safe environments in which to be active.

School-based and workplace based interventions have been shown to be successful in increasing physical activity levels.

Childhood and adolescence are pivotal times for preventing sedentary behavior among adults by maintaining the habit of physical activity throughout the school years.

Type 2 diabetes, once called "adult onset" diabetes, and high blood pressure once thought to be age-related, are now diagnosed in children and teens.

Physical activity among children and adolescents is important because of the related health benefits (cardio-respiratory function, blood pressure control, weight management, cognitive and emotional benefits).

Only about one-half of U.S. young people (ages 12-21 years) regularly participated in vigorous physical activity. One-fourth reported no vigorous physical activity. About 14 percent report no recent vigorous or light-to-moderate activity.

A physically active lifestyle adopted early in life may continue into adulthood. Even among children aged 3 and 4 years, those who were less active tended to remain less active than most of their peers after age 3 years. According to a study done by the National Association of Sports and Physical Education (NASPE), infants, toddlers, and pre-schoolers should engage in at least 60 minutes of physical activity daily and should not be sedentary for more than 60 minutes at a time except when sleeping.

One quarter of U.S. children spend 4 hours or more watching television daily.

Young people are at particular risk for becoming sedentary, as they grow older. Encouraging moderated and vigorous physical activity among youth is important. Because children spend most of their time in school, the type and amount of physical activity encouraged in schools are important.

Only 20 percent of students in grades 9 through 12 engaged in moderate physical activity for at least 30 minutes on 5 or more of the previous 7 days in 1997. Only 29 percent of students in grades 9 through 12 participated in daily school physical education in 1999, down from 42 percent in 1991. Only 17 percent of middle and junior high school and 2 percent of senior high schools require daily physical activity for all students.

**PHYSICAL ACTIVITY AND FITNESS FOR YOU:**  
A program of the President's Council on Physical Fitness and Sports (PCPFS) recognizing youth, parents, teachers, community leaders, and schools [www.fitness.gov](http://www.fitness.gov)

**SCHOOL RECOGNITION PROGRAMS**  
In an effort to recognize the important role that individual teachers and schools play in our effort to motivate Americans to "Get Fit and Be Active," the President's Council on Physical Fitness and Sports and the President's Challenge offer three different ways schools can be recognized.

**PHYSICAL FITNESS STATE CHAMPION**  
Based upon the results of the Physical Fitness Program, every year we offer three schools

## PHYSICAL ACTIVITY AND HEALTH

The following facts are based on information from publications prepared by agencies and offices of the Department of Health and Human Services: the Centers for Disease Control and Prevention; the National Center for Health Statistics; the Office of the Surgeon General of the United States (Physical Activity and Health 1996; Call to Action to Prevent and Decrease Overweight and Obesity, 2001) and the Office of Disease Prevention and Health Promotion (Healthy People 2010, 2001).

In every state the opportunity to become State Champions. Schools are divided into three categories base on enrollment. The schools with the highest percentage of Presidential Physical Fitness Award (PPFA) winners in each category for every state are awarded the State Champion Award. Schools are highly encouraged to enter this free program and reward their school for a job well done!

### PHYSICAL ACTIVITY AND FITNESS DEMONSTRATION CENTER

Any school that includes a clear emphasis on physical activity and fitness within its physical education program is eligible to become a Demonstration Center.

In addition to having desirable physical education programs, Demonstration Center schools are open for other teachers, administrators, parents, and other interested parties to observe their program. After serving as a Demonstration Center School for a period of three years, schools are eligible to become an Honor Roll School.

**Active Lifestyle Program:** This program offers an award for both adults and youth. The Presidential Active Lifestyle Award (PALA) is for youth ages 6-17, while teachers and parents can earn the Presidential Adult Active Lifestyle Award (PAAL) to the PALA. The Active Lifestyle Awards developed to recognize those who begin and continue regular physical activity as a part of their lives, either at school, work, or home. Although daily physical activity will help improve the components of physical fitness (the basis for other awards in the President's Challenge) establishing an active lifestyle receives direct recognition through this award.

**REQUIREMENTS OF THE PAAL TO THE PALA**  
This award is for adults (18 years and older), who earn it by being active role models with children and youth. By earning this award, adults can enhance their own health and encourage children and youth to live actively. AS with the PALA, there are two ways to keep track of physical activity for this award. One way is to accumulate a minimum of 30 minutes of physical activity (either one bout of 30 minutes or shorter segments adding up to 30 minutes). Another way to measure activity is to accumulate 10,000 steps using a pedometer, which measures the number of steps taken during the day. The activity must be done at least one day a week with a young person (17 years old or younger). You may do the activities with different young persons.

You may do many different types of activity, but you must gather 30 minutes of activity or 10,000 pedometer steps at least five days per week.

Record your activity (or steps) every day for six weeks. At the end of each week, verify your log by signing your name.

When you have successfully completed all six weeks, have one of the young persons with whom you have been active sign the verification form. Forms can be downloaded from the President's Fitness Challenge Web site at [www.indiana.edu/~preschal](http://www.indiana.edu/~preschal).

### PHYSICAL FITNESS PROGRAM

The Physical Fitness Program is an excellent way to assess the current fitness level of youth ages 6-17, and offers participants the opportunity to earn one of three different awards.

The Presidential Physical Fitness Award (PPFA)-The PPFA recognizes youth for achieving an outstanding level of fitness. To earn this award, Presidential Award winners must reach at least the 85th percentile on all five events of the physical fitness program.

The National Physical Fitness Award (NPFA)-The NPFA recognizes youth for achieving a basic, yet challenging level of physical fitness. National Award winners must reach at least the 50th percentile on all five events of the physical fitness program.

The Participant Physical Fitness Award (PA)-The Participant Award is for those who attempt all five events of the physical fitness program but whose scores fall below the 50th percentile on one or more of those items.

### WHAT ARE THE COMPONENTS OF THE PHYSICAL FITNESS PROGRAM?

1. Curl-ups or Partial Curl-ups for abdominal strength and endurance.
2. Shuttle Run for total body coordination.
3. Endurance Run: One-mile run (Options: 6-7 years old; \_ mile; 8-9 years old; \_ mile) for cardio respiratory endurance
4. Pull-ups or Right Angle Push-ups for upper body strength and endurance
5. V-Sit Reach or Sit and Reach for muscular flexibility

### HEALTH FITNESS PROGRAM

The Health Fitness Award can be earned by youth ages 6-17 who have achieved a "healthy level of fitness." Very similar to the Physical Fitness program components, the Health Fitness program also incorporates Body Mass Index (BMI) as a component.

### WHAT IS BMI?

Body Mass Index is an easy way to estimate body composition using height and weight.

### WHAT ARE THE COMPONENTS OF THE HEALTH FITNESS PROGRAM?

1. Partial Curl-ups for abdominal strength and endurance.
2. Endurance Run: One mile run (Options: 6-7 years old; \_ mile; 8-9 years old; \_ mile) for cardio respiratory endurance
3. V-Sit Reach or Sit and Reach for muscular flexibility
4. Right Angle Push-ups for upper body strength and endurance
5. Body Mass Index (BMI) for an estimate of body composition.

### For more info, contact:

The President's Council on Physical Fitness and Sports (PCPFS), 200 Independence Avenue, SW Room 738H, Washington, DC 20201 202.690.9000 [www.fitness.gov](http://www.fitness.gov).

# quality time

## Kids' korner

By Ben Allen

Bonjour. This week, I will write about a website. You may remember how in the first Kids' Korner, I wrote about Bionicle. Well, a few weeks ago, I discovered a new website that rivals the Lego site: [www.bzpower.com](http://www.bzpower.com). This website has it all! News, Forums, Free Online Club that requires no personal information, polls, and lots of areas to express yourself and chat with friends! My favorite section is the Forums, because you can write stories, play games, vote in polls, make games up, and so much more. When you join, you will be guided through everything you need to know. I give BZPOWER (Bionicle Zone Power) 5 out of 5 stars.

I am also going to write a short thing about a place, Fournier's Olympic Karate Center on Forest Avenue. This karate school has some of the best staff I have had the chance to meet. The students are well taught in the ancient ways of the karate.



The belts show different levels of skill. White Belt is the first level and the order goes like this: White-Gold-Orange-Blue-Purple-Green-Red-Red/Brown-Brown-Brown/Black-Black. However, to earn a new belt, you must take a stripe test. A black stripe means you are ready to move on, a green stripe means you have a little more to work on. 3 black stripes equal a new belt. I attend classes at Fournier's, and it is a great place. I give Fournier's Olympic Karate Center 5 out of 5 stars.

By the way, so far, I have only received ONE e-mail from anyone! You guys gotta start writing in more! Here's the address in case you lost it: [cbwpub@maine.rr.com](mailto:cbwpub@maine.rr.com). Put in the subject bar: Kids' Korner questions. OK? See ya next week!

# Funny bone

## Riddles

Submitted by Simon Thompson  
Age 11, Portland

1. You're in a road race. You pass the person who is in second place. What place are you in?
2. You're in another road race. You pass the person in last place. What place are you in?
3. Watch out, this one's tricky. You have 1000, now add 40. Now add another 1000, now add 30. Now add another 1000, now add 20. Now add another 1000, now add 10. Now add another 1000, now add 0.
4. Mary's father had 5 children. The first four were named Nana, Nene, Nini, and Nono. What was the fifth child's name?
5. What is a cat's favorite song?

## Answers

1. Second
2. It is impossible to pass the person in last place.
3. 5100
4. Mary
5. Take "meow" to the ball game.

# Crossword

A big part of the way life should be is sharing time with others. Kids discussing what's up at school with their parents, co-workers sharing a joke, chatting with a stranger in the checkout line — that's building community, one moment at a time. Towards that end, we're devoting two pages every issue to humor & puzzles for all ages. We hope you'll share them with whoever's sitting across from you as you read this — whether it's your son or daughter or the guy at the bus stop.

**ACROSS**

- 1 Reimbursed
- 5 Free
- 8 US dam
- 12 Project
- 13 Guido's note (2 words)
- 14 Outer portion of Earth
- 15 Sleep (pref.)
- 16 Albania (abbr.)
- 17 Design
- 18 Arabian domain
- 20 Shore
- 21 Tumor (suf.)
- 22 Three (pref.)
- 25 Irish foot soldier
- 26 Block
- 27 Celsius (abbr.)
- 30 Shoe size
- 31 Fr. meat dish
- 33 Have (Scott.)
- 34 Plus
- 35 Indo-Chin. people
- 36 Voltaire play
- 38 Computer chip
- 39 Ounces (abbr.)

**DOWN**

- 1 Long
- 2 "Cantique de Noel" composer
- 3 Yesterday (Ital.)
- 4 Silk substitute
- 5 "Giant" ranch
- 6 He (Lat.)
- 7 Flounder
- 8 Willow
- 9 Love of Radames
- 10 This one (Lat.)
- 11 King of Israel
- 19 Amer. Sign Language (abbr.)
- 20 Swim (2 words)
- 22 Hat
- 23 "The Jungle Book" python
- 24 Belonging to (abbr.)
- 25 Energy unit
- 26 Palestine Liberation Organ. (abbr.)
- 27 Greek letter
- 28 Fruiting spike
- 29 Civil War commander
- 32 Air-to-air missile (abbr.)
- 37 Wild ginger
- 38 Polishing material
- 39 Watering hole
- 40 Hall (Ger.)
- 41 Mother of Brunhilde
- 42 Walk through
- 43 Para-aminobenzolc acid
- 44 Foreshadow
- 45 Hole
- 46 Noun-forming (suf.)
- 48 Science class

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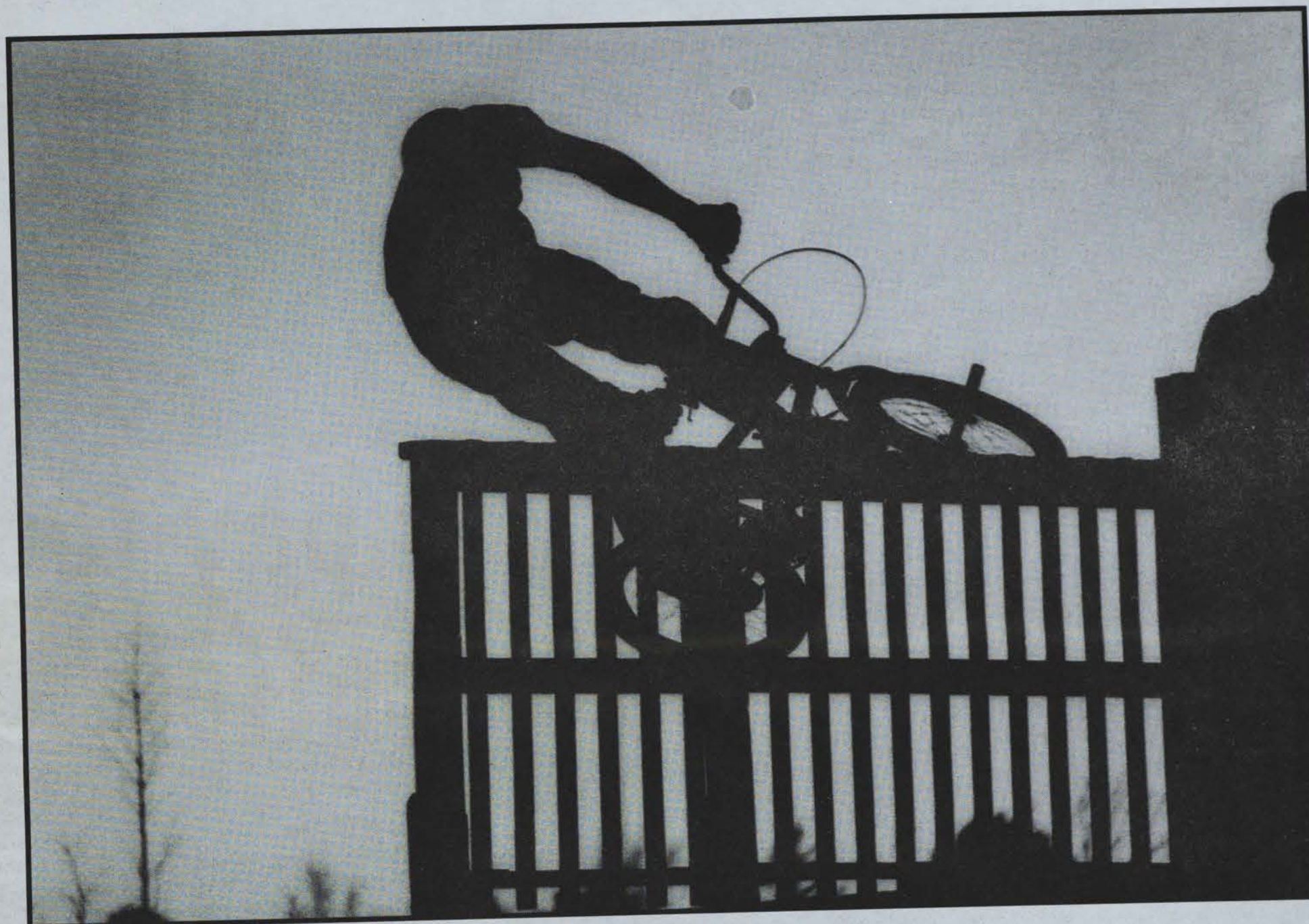
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# Contests

PHOTOGRAPHY: CHERYL ELLICOTT OF PORTLAND



## POETRY: ANNE NAULT

### Age (For D.W.)

Everyday she glides  
through the water  
repeating her routine with  
never variation.  
Just an hour a day to keep  
prevailing age away.  
Although her exterior tells  
a different story,  
just look into her eyes

and they reveal her eternal youth.  
With every smooth stroke  
she silently makes her way up  
and down the length of the pool.  
She amazes me.  
Age is no care of hers.  
Seventy of twenty, it's all  
the same to her, which makes  
it all the same to me.

Send your original photography, artwork and writings (articles, poetry, stories, etc.) along with your name, address, telephone number and a simple letter authorizing CBW to publish your submission. Each week, our staff will pick their favorite and we will publish it in our paper with your name! You'll also receive a prize for your efforts.

Send your submission to Margo Banzhaf, Director of Operations, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 (please include a SASE if you want your submissions returned) or e-mail Margo at cbwdir@maine.rr.com.





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